

Betty Crocker®

INSIDE!

Minnesota's First Lady,
Terry Ventura
& Governor Ventura's
Favorite Lasagna, p. 3

Comfort Casseroles

photo with every recipe



Your family will love it!

Italian Pasta Pie, p. 80

ASK BETTY

Q

I love to try new casseroles, but I get frustrated when I don't have the right size casserole dish. Can I just use a different size, or can I use something else?

A

Owning a variety of casserole dishes is nice, but you don't need to rush out and buy a new set. Using a dish close to the size of the dish called for in a recipe is important. Often, though, the size of the casserole is not printed on the dish. You can check the volume by filling the dish with water. Standard baking dishes can be substituted for casserole dishes. If a recipe calls for the casserole to be covered and there is no lid, cover tightly with aluminum foil. Here are some substitutions:



Betty Crocker

Casserole

1½-quart casserole
2- or 2½-quart casserole
3-quart casserole

Glass Baking Dish

8x8-inch square
9x9-inch square or 11x7-inch rectangle
13x9-inch rectangle

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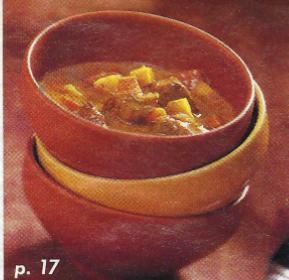
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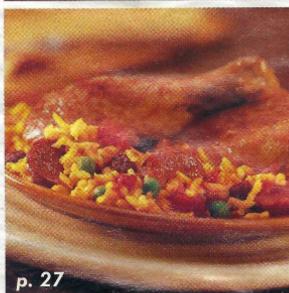
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Comfort Casseroles

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Look for this symbol ►

quick & low fat

quick = ready in 30 minutes or less

low fat = 3g or less, except main dishes with 6g or less

Betty . . . COOKING WITH FRIENDS

meet . . .

TERRY VENTURA

First Lady of Minnesota

Terry Ventura, first lady of Minnesota, says one of the best feelings in the world is preparing food for family and friends and having them enjoy it with her.



"I love to cook, and years ago, I made everything from scratch."

Did you grow up cooking?

My mom worked two jobs and didn't have time to cook. My sisters and I did a lot of the cooking.

What's it like having chefs cooking for you?

When we moved into the governor's mansion, I asked Nathan and Ken to make meals my family would be comfortable with to help ease the transition. Now we're trying new foods to tempt the governor and give him a better palate, but we're doing it slowly!

What do you serve your guests?

When people come to the governor's mansion, I want them to feel like they're stopping by to visit friends. We have worked hard to add Minnesota flair - a warm, family atmosphere and Minnesota foods such as wild rice and walleye.

How does your family spend the holidays?

We have a family gathering on Christmas Eve and a small gathering on Christmas Day. We always have homemade clam chowder or oyster stew and goose.

As Minnesota's first lady, what do you do for yourself to relax?

I have my horses, and one night a week I teach riding lessons. I also grow herbs off the patio back at our ranch. If I'm having a bad day, I walk outside and rub my herb plants. The smell on my hands lifts my spirits.

"Down-to-earth lasagna is my husband's favorite meal. For a family dinner, I serve it with a nice green salad and my own blend of salad dressing, a big loaf of French bread and angel food cake topped with a big scoop of New York vanilla ice cream and chocolate syrup."

Governor Ventura's Favorite Lasagna

- 18 uncooked lasagna noodles
- 2 pounds ground beef or bulk Italian sausage
- 1/4 cup chopped onion
- Pepper to taste
- 1 can (28 ounces) tomato sauce
- 1/2 cup olive or vegetable oil
- 2 teaspoons dried oregano leaves
- 2 teaspoons dried basil leaves
- 1 package (16 ounces) process cheese spread loaf,
cut into 1/4-inch slices
- 2 cups shredded mozzarella cheese (8 ounces)

Heat oven to 350°. Spray rectangular baking dish, 13x9x2 inches, with olive oil-flavored cooking spray. Cook and drain noodles as directed on package.

Cook beef and onion in 10-inch skillet over medium-high heat, stirring occasionally and seasoning to taste with pepper, until beef is brown; drain. Stir in tomato sauce, oil, oregano and basil. Heat to boiling, stirring occasionally; reduce heat to low. Simmer uncovered 10 to 15 minutes.

Place layer of cooked noodles in baking dish. Spoon one-third of the sauce over noodles. Top with half of sliced cheese. Add another layer of noodles and sauce; sprinkle with half of the mozzarella cheese. Add remaining noodles, sauce and sliced cheese. Sprinkle with remaining mozzarella cheese.

Cover and bake 30 minutes. Uncover and bake 10 to 20 minutes longer or until hot in center. 8 servings.

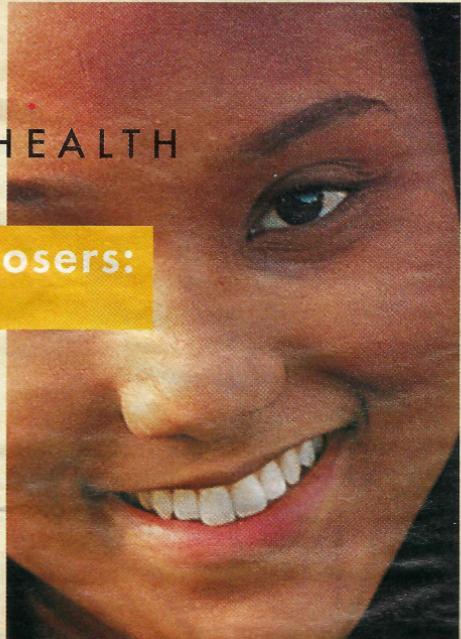
**Do you know
someone you'd
like us to write
about? Please
see page 96.**



successful weight losers: it can happen

The New Year renews one's hope for getting weight in line. Success stories exist, and the National Weight Control Registry in Pittsburgh is keeping track of them.

More than 2,500 people are enrolled in the registry. The average member has lost 60 pounds and kept it off five years.



their secrets...

An event triggered their commitment.

More than three-quarters of registry members said an event or incident motivated them to lose weight. A change in physical health, a change in lifestyle or a special event like an anniversary or class reunion are examples.

They had a plan. Half of the members lost their weight using their own strategies.

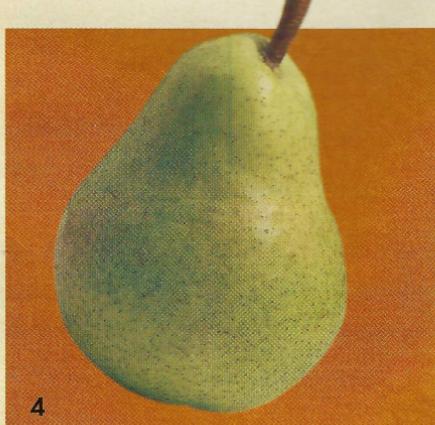
Half used a formal weight-loss program or worked with a health professional to make it happen. Nearly 90 percent modified both diet and physical activity.

They did not give up. Nine out of 10 members had tried to lose weight before and had failed. Some had tried repeatedly.

Nearly everyone limited how much they ate of certain types of foods. About half of the members said they limited the amount of food they ate. On average, 24 percent of calories came from fat. Participants say they now eat more fruits, vegetables and whole-grain foods as part of their maintenance plan.

They kept moving. Most people in the registry increased their physical activity and say it continues to be an essential part of their weight loss success.

SOURCE: www.wpic.pitt.edu/NWCR/findings.htm



running on empty?

Tired? Check your diet—it may need a lift. Re-energize with these three eating tips.



Drink 6 to 8 cups of water or other noncaffeinated beverage daily.

Water is necessary for nearly every function of your body. It helps flush out waste and harmful substances that can zap energy. Fatigue is one of the first signs of not drinking enough liquids.

Look at how many iron-rich foods you eat.

Up until the age of 49, most women fail to get enough iron in their diets. Iron helps convert the foods you eat to energy. Good sources include: beef, fortified cereals, legumes and raisins.



Eat breakfast every day.

It revs up your metabolism and jump-starts your brain. Without it, you're sluggish by mid-morning and may not rebound, energy-wise, for the rest of the day. Put whole-grain foods on the menu—such as ready-to-eat breakfast cereal or whole-wheat toast. Add a small amount of protein to the mix for more lasting energy, e.g., low-fat yogurt, a slice of cheese or a dab of peanut butter.



DID YOU KNOW?

Food surveys show calcium, magnesium and zinc are lacking in many diets. Catch them all in these four foods:

nuts, yogurt, fortified breakfast cereals,* soybeans and other legumes*

*Bonus points for breakfast cereals and legumes—they also contain iron.

SOURCE: www.barc.usda.gov/bhnrc/foodsurvey

Betty . . . ON WHAT'S NEW

Set for SPEED!

It's getting late, and a delicious hot meal—without a lot of hassle—is exactly what you need. How about a juicy, roasted chicken in less than a half hour? Baked potatoes in 15 minutes? Warm chocolate chip cookies in less than 3 minutes? Impossible? Not any more! Today's high-speed convection and combination ovens cook up great-tasting meals in a fraction of the time of conventional ovens.



That's a lot of HOT AIR

Convection ovens, used in institutional settings for some time, are a great addition to consumer kitchens. Convection ovens cook foods

25% FASTER THAN CONVENTIONAL OVENS

about 25 percent faster than conventional ovens. Because hot air circulates throughout the oven instead of radiating up from the heating elements as in conventional ovens, food cooks more evenly and at lower temperatures. Even better, almost all foods can be cooked in a convection oven, particularly baked goods and roasted meats and fish.

Converting recipes to use in a convection oven is quite easy.

Start by lowering the oven temperature by 25° and the cook time by 25 percent. Watch foods and check timings. Some foods may require the temperature be lowered by 50°. The longer the cook time, the greater the time savings. For example, a chicken will save much more time than baking a sheet of cookies.

Maureen M. Fischer, Contributing Writer

TWO are better than one

In combination ovens,

two separate technologies have been joined to create ovens with super speed and superior results. Microwave-convection and microwave-halogen light ovens reduce cooking times to between 50 and 75 percent of conventional oven cook times.

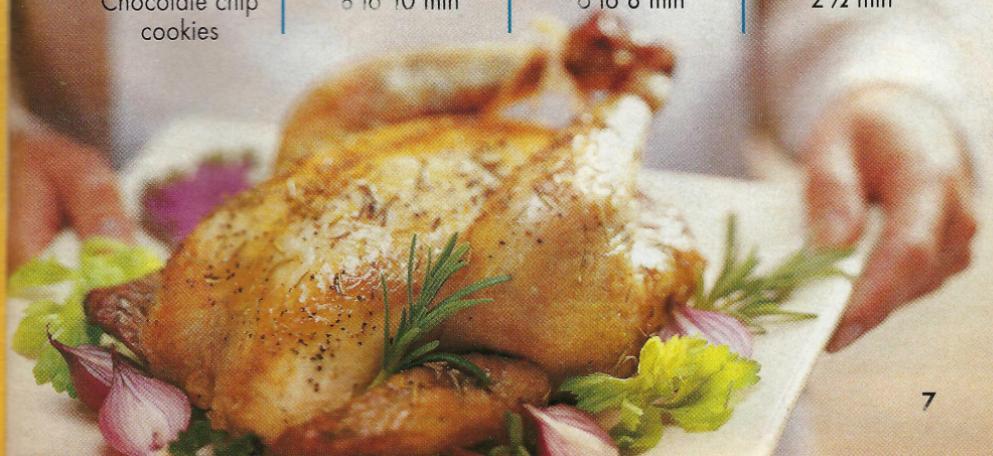
These state-of-the-art ovens

quickly cook the outside and inside of the food at the same time, not from the outside in as do conventional ovens. As a result, foods cook faster and retain more juices and moisture. The cavities of combination ovens are smaller than most conventional or convection ovens; you'll find sizes similar to that of a large microwave. Because these ovens are "part microwave," microwave-type cookware must be used (no metal baking pans!). Operating these ovens is a snap! Sophisticated control pads figure out cook times for your favorite foods, including your personal recipes.

Here's a look

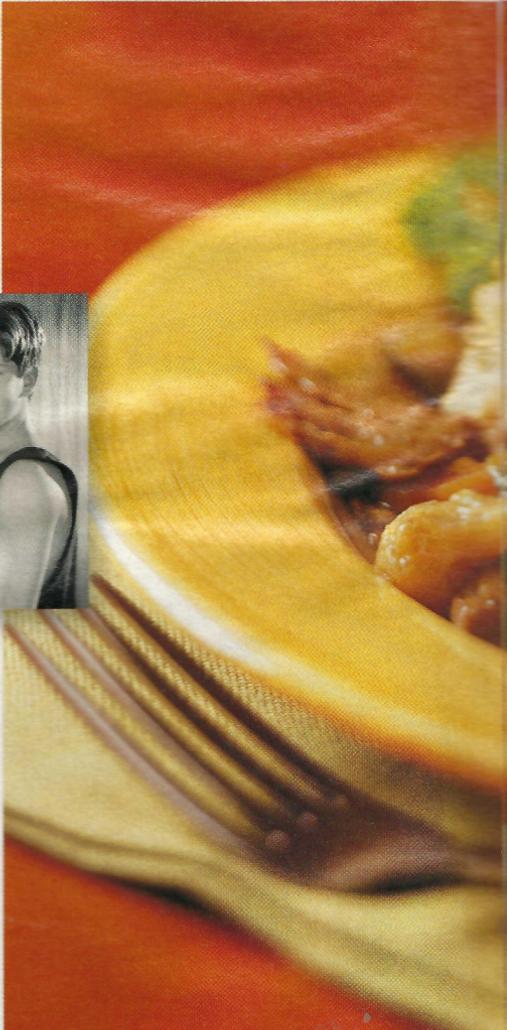
at how different ovens save you time with specific foods:

| FOOD | CONVENTIONAL | CONVECTION | COMBINATION |
|------------------------|--------------|--------------|--------------|
| Roasted whole chicken | 1½ hr | 60 to 65 min | 17 to 23 min |
| Baked potatoes | 1 to 1½ hr | 45 to 60 min | 15 min |
| Meat loaf | 1 hr | 45 min | 25 min |
| Muffins | 20 to 25 min | 15 to 17 min | 5 to 6 min |
| Chocolate chip cookies | 8 to 10 min | 6 to 8 min | 2½ min |



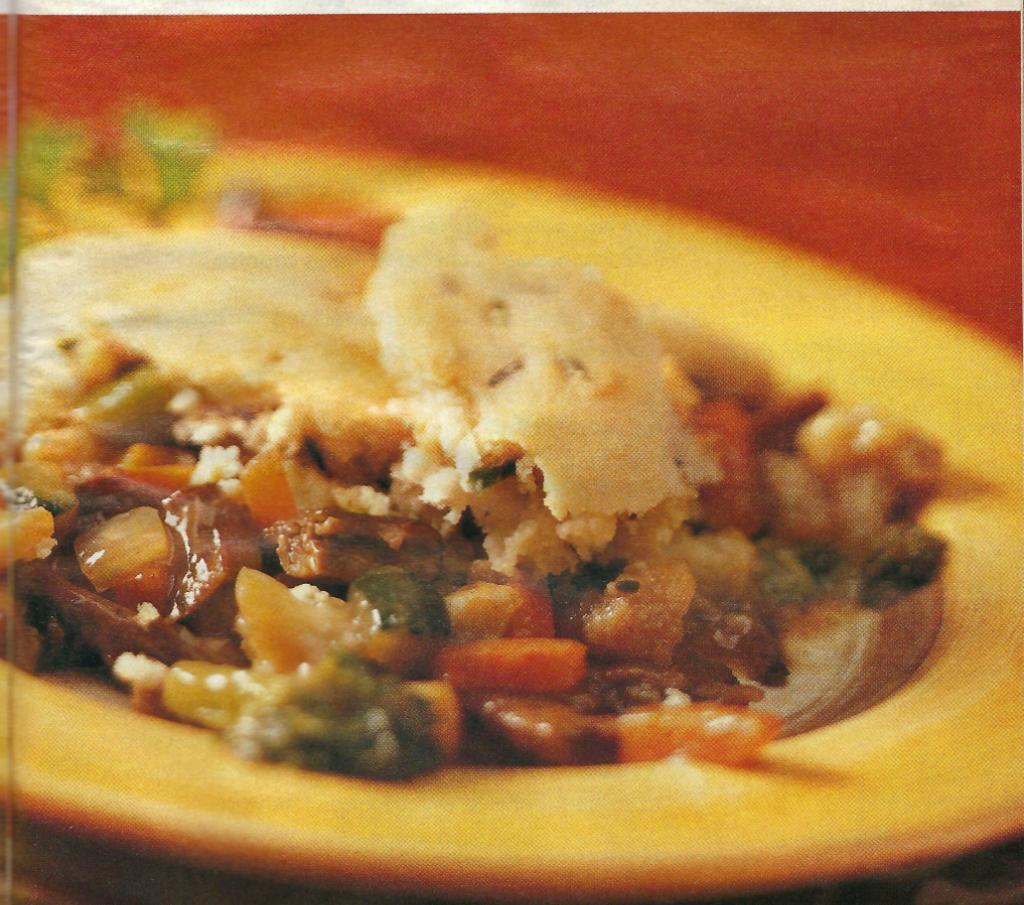
Hearty BEEF & PORK

Easy-to-make oven main
dishes with beef and pork.
These savory dishes are just
right for cozy family dinners.





Caribbean Jerk Pork and
Rice Casserole, p. 10



Beef Pot Pie with Potato
Biscuit Crust, p. 11

Caribbean Jerk Pork and Rice Casserole

PREP: 15 MIN COOK: 10 MIN BAKE: 1 HR
(Photo on page 9)

Betty's Tips

SUCCESS HINT

Pop the pork in the freezer for about 30 minutes to make it easier to cut.

SERVE-WITH

Treat your family to a culinary trip to the Caribbean with this Jamaican-inspired dish.

Serve with warm baguettes and mango sorbet as a sure cure for the winter blues!

1 pound pork boneless loin, cut into $\frac{3}{4}$ -inch pieces
1½ teaspoons jerk seasoning (dry)
1 teaspoon grated gingerroot
1 tablespoon vegetable oil
½ cup coarsely chopped red bell pepper
1 can (8 ounces) pineapple tidbits, drained and juice reserved
½ cup lime juice
1 cup uncooked regular long-grain rice
2 tablespoons honey
4 medium green onions, cut into $\frac{1}{4}$ -inch pieces
½ cup salted cashew pieces
2 tablespoons chopped fresh cilantro

1. Heat oven to 350°. Spray rectangular baking dish, 11x7x1½ inches, with cooking spray.
2. Mix pork, 1 teaspoon of the jerk seasoning and the gingerroot. Heat oil in 10-inch skillet over medium-high heat. Cook pork mixture and bell pepper in oil 3 to 5 minutes, stirring occasionally, until pork is brown. Spoon into baking dish.
3. Mix reserved pineapple juice, lime juice and enough water to equal 2 cups. Pour over pork mixture. Stir in rice, honey and remaining ½ teaspoon jerk seasoning.
4. Cover and bake 45 minutes. Stir in pineapple and onions. Sprinkle with cashews. Bake uncovered about 15 minutes or until pork is no longer pink and liquid is absorbed. Sprinkle with cilantro. 4 servings.

1 Serving: Calories 510 (Calories from Fat 145); Fat 16g (Saturated 4g); Cholesterol 70mg; Sodium 400mg; Carbohydrate 63g (Dietary Fiber 2g); Protein 31g

% Daily Value: Vitamin A 12%; Vitamin C 40%; Calcium 4%; Iron 18%

Diet Exchanges: 3 Starch, 3 Lean Meat, 1 Fruit, ½ Fat

Beef Pot Pie with Potato Biscuit Crust

PREP: 15 MIN BAKE: 35 MIN

(Photo on page 9)

Betty's Tips

SUBSTITUTION

You can use
chopped fresh
chives or chopped
green onions
instead of the
freeze-dried chives.
Use your favorite
frozen vegetable
combination.

VARIATION

For a hearty
chicken pot pie,
use 1½ cups
chopped cooked
chicken and a jar
of chicken gravy
instead of the beef.

½-pound piece deli roast beef, cubed (1½ cups)
2 cups frozen vegetables (from 16-ounce bag)
1 medium onion, chopped (½ cup)
1 jar (12 ounces) beef gravy
Potato Biscuit Crust (below)

1. Heat oven to 375°. Heat beef, vegetables, onion and gravy to boiling in 3-quart saucepan, stirring frequently; boil and stir 1 minute. Keep warm.
2. Make Potato Biscuit Crust. Pour beef mixture into ungreased rectangular baking dish, 11x7x1½ inches. Carefully unfold crust onto beef mixture.
3. Bake uncovered 30 to 35 minutes or until crust is golden brown. 4 to 6 servings.

Potato Biscuit Crust

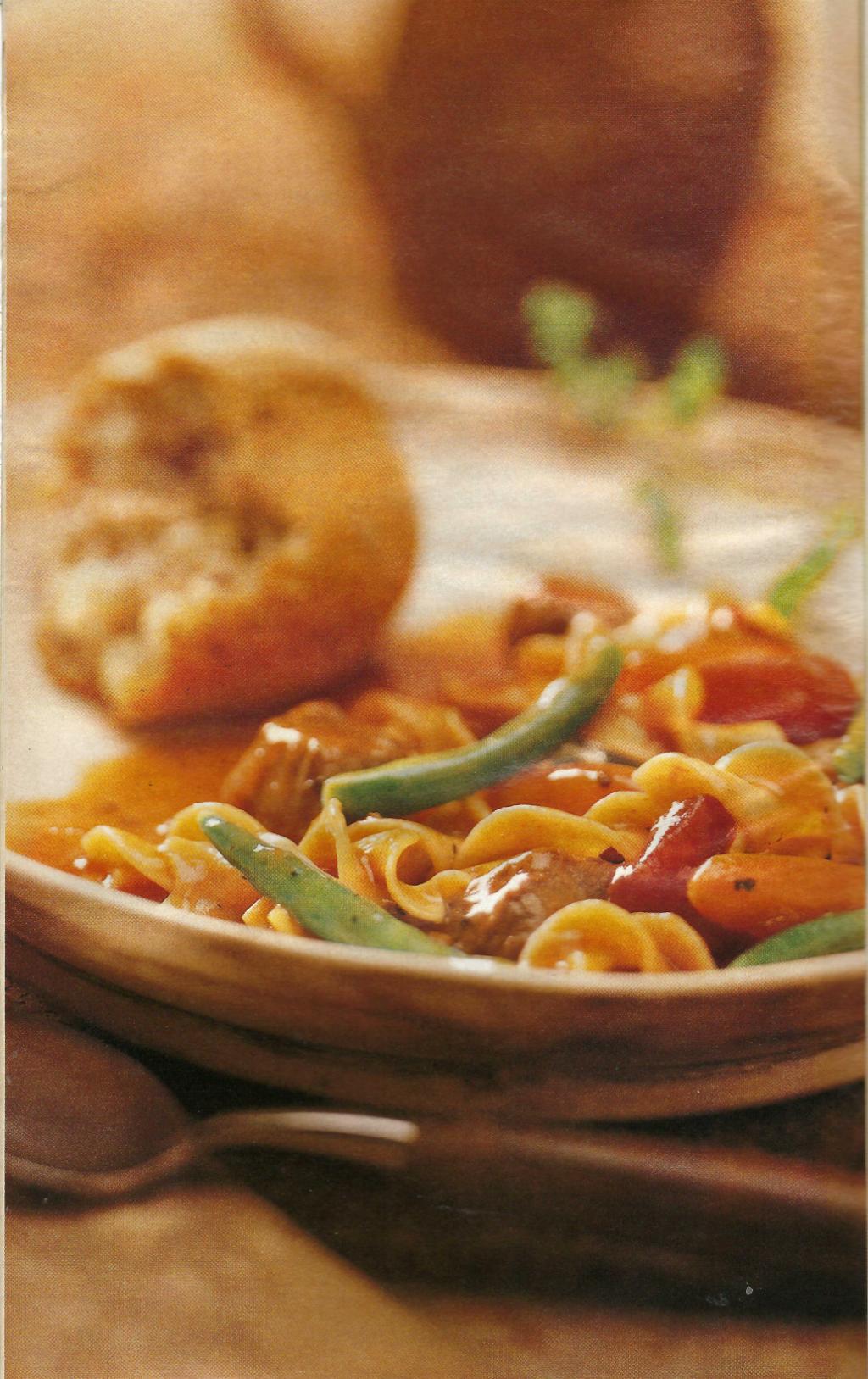
2/3 cup Betty Crocker® Potato Buds® mashed
potatoes (dry)
2/3 cup hot water
1½ cups Original Bisquick®
2 to 3 tablespoons milk
1 tablespoon freeze-dried chives

Mix potatoes and water in medium bowl; let stand until water is absorbed. Stir in Bisquick, milk and chives until dough forms. Turn dough onto surface dusted with Bisquick; gently roll in Bisquick to coat. Shape into ball; knead 10 times. Pat into 11x7-inch rectangle. Fold crosswise into thirds.

1 Serving: Calories 350 (Calories from Fat 90); Fat 10g (Saturated 3g); Cholesterol 30mg; Sodium 1750mg; Carbohydrate 51g (Dietary Fiber 5g); Protein 19g

% Daily Value: Vitamin A 30%; Vitamin C 6%; Calcium 12%; Iron 20%

Diet Exchanges: 3 Starch, 1 Medium-Fat Meat, 1 Vegetable



Beef, Bacon and Noodle Bake

PREP: 15 MIN COOK: 15 MIN BAKE: 1 HR 55 MIN

Betty's Tips

SUBSTITUTION

Not a green bean lover? Substitute your favorite frozen vegetable or frozen vegetable medley.

SERVE-WITH

Serve with thick slices of hearty bread to sop up all of the flavorful juices.

4 slices bacon, cut into 3/4-inch pieces
1 1/2 pounds beef stew meat
1/2 teaspoon peppered seasoned salt
1 medium onion, chopped (1/2 cup)
1 1/2 cups baby-cut carrots
1 can (14 1/2 ounces) diced tomatoes with basil, garlic and oregano, undrained
1 jar (12 ounces) beef gravy
1 cup water
2 cups uncooked wide egg noodles (4 ounces)
1 1/2 cups frozen whole green beans

1. Heat oven to 325°. Spray rectangular baking dish, 13x9x2 inches, with cooking spray.
2. Cook bacon in 12-inch nonstick skillet over medium-high heat 3 minutes, stirring occasionally. Stir in beef, seasoned salt and onion. Cook, stirring occasionally, until beef is brown.
3. Spoon beef mixture into baking dish. Stir in carrots, tomatoes, gravy and water. Cover and bake 1 hour 30 minutes.
4. Stir in noodles and green beans. Cover and bake 20 to 25 minutes or until beef, noodles and beans are tender. **6 servings.**

1 Serving: Calories 350 (Calories from Fat 155); Fat 17g (Saturated 6g); Cholesterol 85mg; Sodium 680mg; Carbohydrate 22g (Dietary Fiber 3g); Protein 30g

% Daily Value: Vitamin A 52%; Vitamin C 12%; Calcium 6%; Iron 24%

Diet Exchanges: 1 Starch, 3 Medium-Fat Meat, 2 Vegetable

Cheesy Pizza Casserole

PREP: 15 MIN BAKE: 35 MIN

Betty's Tips

SUBSTITUTION

For a bit more spice, use bulk Italian sausage instead of ground beef.

SUCCESS HINT

Slightly undercook the pasta in this cheesy hamburger casserole because it cooks again in the oven.

SERVE-WITH

Serve with toasted garlic bread and a tossed salad and, for dessert, a fruit-flavored sorbet or ice.

3 cups uncooked rigatoni pasta (9 ounces)
1/2 pound ground beef
1/4 cup sliced ripe olives
1 can (4 ounces) mushroom pieces and stems, drained
1 jar (26 to 28 ounces) vegetable primavera pasta sauce
1 cup shredded mozzarella cheese (4 ounces)

1. Heat oven to 350°. Cook and drain pasta as directed on package.
2. While pasta is cooking, cook beef in 10-inch skillet over medium-high heat, stirring occasionally, until brown; drain. Mix pasta, beef and remaining ingredients except cheese in ungreased 2 1/2-quart casserole.
3. Cover and bake about 30 minutes or until hot and bubbly. Sprinkle with cheese. Bake uncovered about 5 minutes or until cheese is melted. 6 servings.

1 Serving: Calories 490 (Calories from Fat 135); Fat 15g (Saturated 5g); Cholesterol 30mg; Sodium 970mg; Carbohydrate 72g (Dietary Fiber 5g); Protein 22g

% Daily Value: Vitamin A 14%; Vitamin C 18%; Calcium 18%; Iron 22%
Diet Exchanges: 4 Starch, 1 High-Fat Meat, 2 Vegetable

*File this hearty casserole under "F"
for filling, flavorful and fast!*





Curried Coconut Beef with Winter Vegetables

PREP: 25 MIN BAKE: 1½ HR

Betty's Tips

SERVE-WITH

For a cozy winter supper for family

1 tablespoon vegetable oil
2 pounds beef stew meat
1 large onion, chopped (1 cup)
2 cloves garlic, finely chopped

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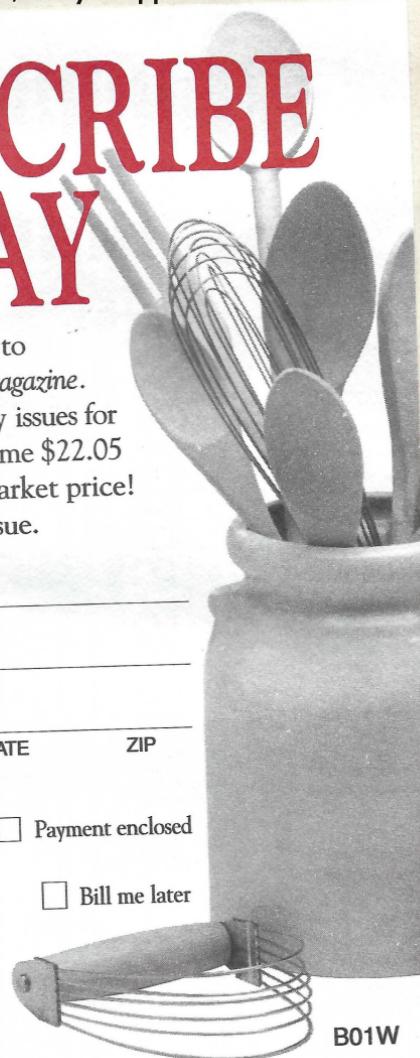
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FOR YOUR SCHOOL

SEE OTHER SIDE FOR DETAILS



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where. These rates in effect
through 12/31/01.



Curried Coconut Beef with Winter Vegetables

PREP: 25 MIN BAKE: 1½ HR

Betty's Tips

SERVE WITH

For a cozy winter supper for family or friends, serve with a crisp green salad, warm dinner rolls and hot coffee, cider or tea.

1 tablespoon vegetable oil
2 pounds beef stew meat
1 large onion, chopped (1 cup)
2 cloves garlic, finely chopped
1½ tablespoons curry powder
1 can (14 ounces) coconut milk
(not cream of coconut)
1 tablespoon packed brown sugar
2 tablespoons lemon juice
3 medium carrots, chopped (1½ cups)
2 medium parsnips, peeled and chopped
(1 cup)
1½ cups chopped peeled sweet potatoes
1 teaspoon salt
¼ teaspoon pepper
Chopped fresh cilantro, if desired

1. Heat oven to 350°. Heat oil in 4-quart ovenproof Dutch oven over medium-high heat. Cook beef in oil, stirring occasionally, until brown.
2. Stir in onion and garlic. Cook 2 to 3 minutes, stirring occasionally, until onion is crisp-tender. Stir in curry powder, coconut milk, brown sugar and lemon juice. Cover and place in oven; bake about 1 hour or until beef is tender.
3. Stir in remaining ingredients except cilantro. Cover and bake about 30 minutes or until vegetables are tender. Garnish with cilantro. 6 servings.

1 Serving: Calories 495 (Calories from Fat 260); Fat 29g (Saturated 16g); Cholesterol 80mg; Sodium 510mg; Carbohydrate 35g (Dietary Fiber 7g); Protein 30g

Daily Value: Vitamin A 100%; Vitamin C 20%; Calcium 6%; Iron 24%

Diet Exchanges: 2 Starch, 3 High-Fat Meat, 1 Vegetable

Fiesta Taco Casserole

PREP: 15 MIN BAKE: 30 MIN

Betty's Tips

HEALTH TWIST

For 17 grams of fat and 455 calories per serving, use ground turkey breast and reduced-fat Cheddar cheese.

SERVE-WITH

Enjoy this family-pleasin' casserole with a tossed salad with cut-up avocado and corn bread with honey and butter.

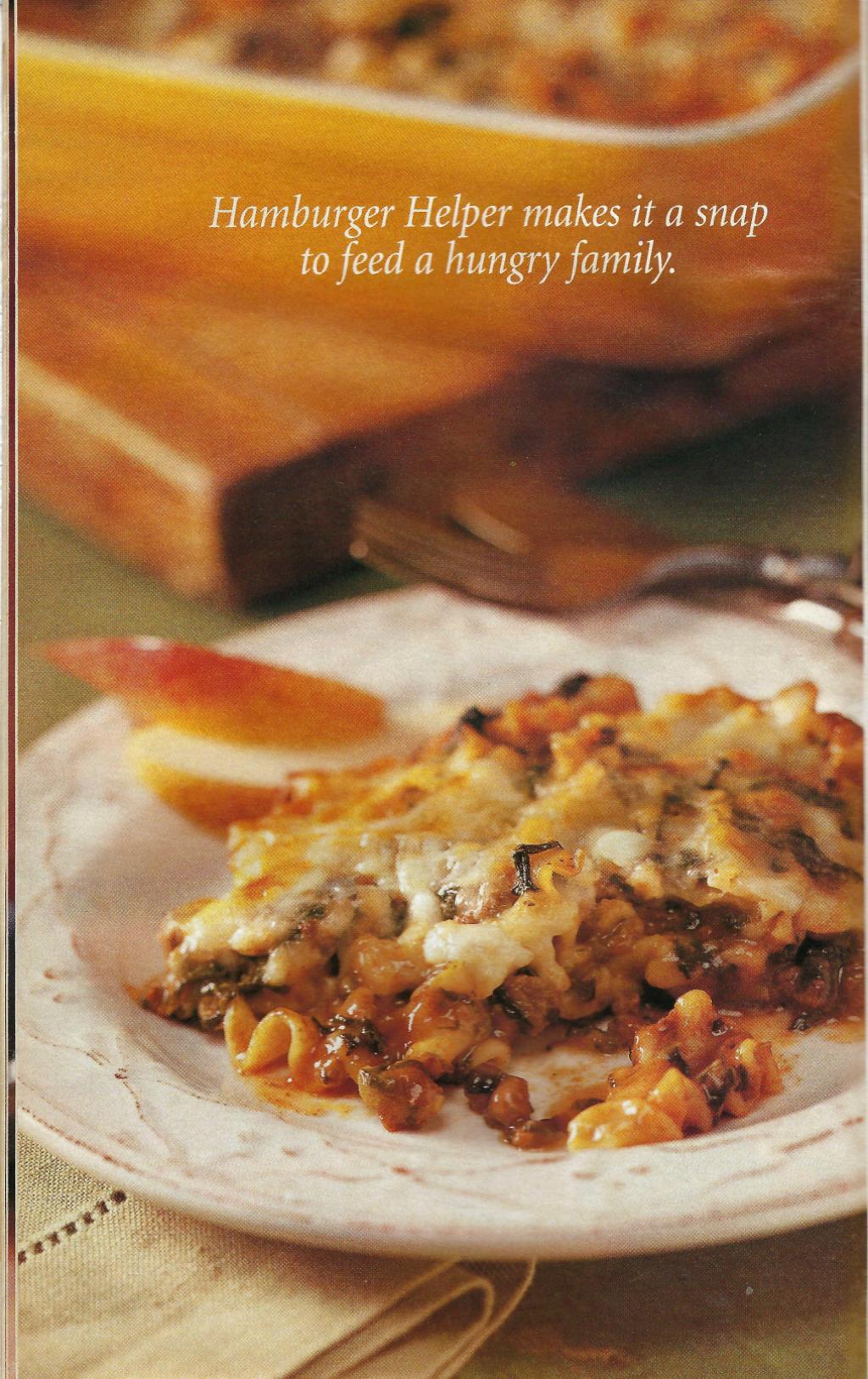
1 pound ground beef
1 can (15 to 16 ounces) spicy chili beans in sauce, undrained
1 cup salsa
2 cups coarsely broken tortilla chips
4 medium green onions, sliced (1/4 cup)
1 medium tomato, chopped (3/4 cup)
1 cup shredded Cheddar or Monterey Jack cheese (4 ounces)
Tortilla chips, if desired
Shredded lettuce, if desired
Additional salsa, if desired

1. Heat oven to 350°. Cook beef in 10-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain. Stir in beans and 1 cup salsa. Heat to boiling, stirring occasionally.
2. Place broken tortilla chips in ungreased 2-quart casserole. Top with beef mixture. Sprinkle with onions, tomato and cheese.
3. Bake uncovered 20 to 30 minutes or until hot and bubbly. Arrange tortilla chips around edge of casserole. Serve with lettuce and additional salsa.
4 servings.

1 Serving: Calories 615 (Calories from Fat 315); Fat 35g (Saturated 14g); Cholesterol 95mg; Sodium 1490mg; Carbohydrate 47g (Dietary Fiber 9g); Protein 37g

% Daily Value: Vitamin A 18%; Vitamin C 26%; Calcium 22%; Iron 34%
Diet Exchanges: 3 Starch, 4 High-Fat Meat



A close-up photograph of a meal on a white plate. The main dish is a casserole made with Hamburger Helper, featuring elbow macaroni, ground beef, and melted cheese. To the left of the casserole is a slice of fruit, possibly a nectarine or peach, with a bright orange flesh and a white, fuzzy skin. In the background, a wooden spoon rests on a green napkin, and a glass of orange juice is visible.

*Hamburger Helper makes it a snap
to feed a hungry family.*

Spinach Lasagna Casserole

PREP: 25 MIN BAKE: 50 MIN

Betty's Tips

SUCCESS HINT

Use paper towels to blot the spinach after you drain it to absorb any remaining moisture.

TIME-SAVER

If you're in a real rush, use $\frac{1}{8}$ teaspoon instant minced garlic in place of the fresh garlic.

1 package (10 ounces) frozen chopped spinach
1 cup shredded mozzarella cheese (4 ounces)
1/2 cup small curd creamed cottage cheese
1/4 cup grated Parmesan cheese
1 pound ground beef
1 clove garlic, finely chopped
1 package Betty Crocker Hamburger Helper® mix for lasagne
3 cups hot water

1. Heat oven to 375°. Rinse spinach with cold water to separate; drain thoroughly. Mix mozzarella, cottage and Parmesan cheeses.
2. Cook beef and garlic in 10-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain.
3. Mix beef mixture, spinach, uncooked Pasta, Sauce Mix and water in ungreased 2-quart casserole or rectangular baking dish, 11x7x1½ inches. Spoon cheese mixture evenly over top.
4. Bake uncovered 40 to 50 minutes or until top is golden brown and sauce is bubbly. 7 servings.

1 Serving: Calories 305 (Calories from Fat 125); Fat 14g (Saturated 6g); Cholesterol 50mg; Sodium 930mg; Carbohydrate 24g (Dietary Fiber 2g); Protein 23g

% Daily Value: Vitamin A 22%; Vitamin C 2%; Calcium 20%; Iron 14%
Diet Exchanges: 1 Starch, 2 Medium-Fat Meat, 2 Vegetable, 1 Fat

Swiss Pork Chop and Potato Casserole

PREP: 15 MIN COOK: 20 MIN BAKE: 1 HR 5 MIN

Betty's Tips

SUBSTITUTION

Sprinkle the pork chops with salt and pepper if you don't have peppered seasoned salt.

SERVE-WITH

To round out the meal, serve with a broccoli raisin salad from the deli.

1 envelope (1.8 ounces) white sauce mix
2 cups milk
1 cup shredded Swiss cheese (4 ounces)
1/2 teaspoon dried rosemary leaves, crumbled
3 medium Yukon gold potatoes, peeled and sliced (4 cups)
1 medium sweet potato, peeled and sliced (1 1/2 cups)
1 medium onion, thinly sliced
4 bone-in pork loin chops, 1/2 inch thick
1/2 teaspoon peppered seasoned salt

1. Heat oven to 350°. Spray rectangular baking dish, 11x7x1 1/2 inches, with cooking spray. Mix sauce mix and milk in 1 1/2-quart saucepan. Heat to boiling over medium heat, stirring constantly. Stir in cheese and rosemary until cheese is melted.
2. Layer half of the Yukon gold potatoes, all of the sweet potato and half of the onion in baking dish. Spread about half of the sauce over top. Layer with remaining potatoes and onion; cover with remaining sauce. Cover and bake 30 minutes.
3. While potatoes are baking, spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Sprinkle both sides of pork chops with seasoned salt. Cook pork in skillet 4 to 5 minutes, turning once, until brown.
4. Place pork on potatoes. Bake uncovered 30 to 35 minutes or until pork is slightly pink when cut near bone and potatoes are tender. 4 servings.

1 Serving: Calories 455 (Calories from Fat 160); Fat 18g (Saturated 9g); Cholesterol 100mg; Sodium 670mg; Carbohydrate 38g (Dietary Fiber 3g); Protein 38g

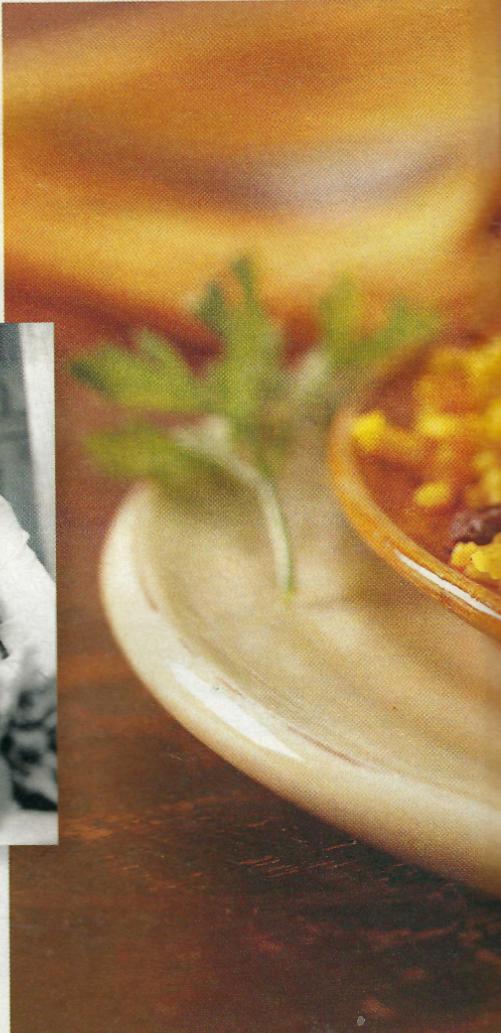
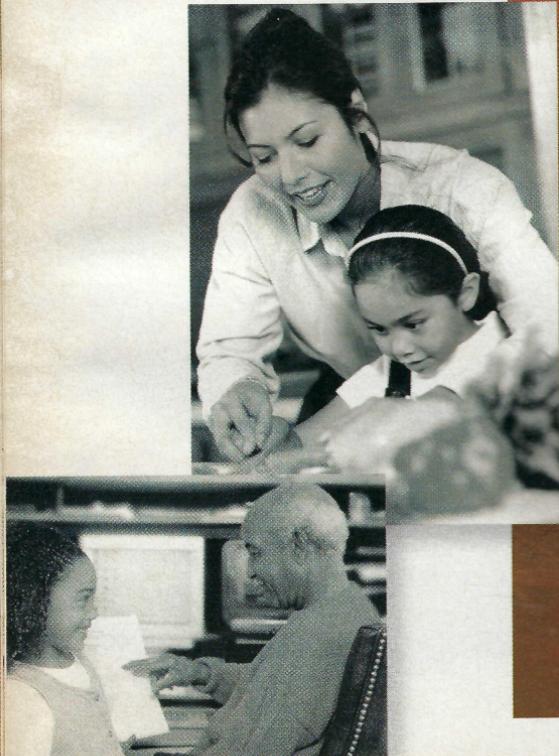
% Daily Value: Vitamin A 72%; Vitamin C 16%; Calcium 42%; Iron 10%

Diet Exchanges: 2 Starch, 4 Lean Meat, 1 Vegetable, 1 Fat

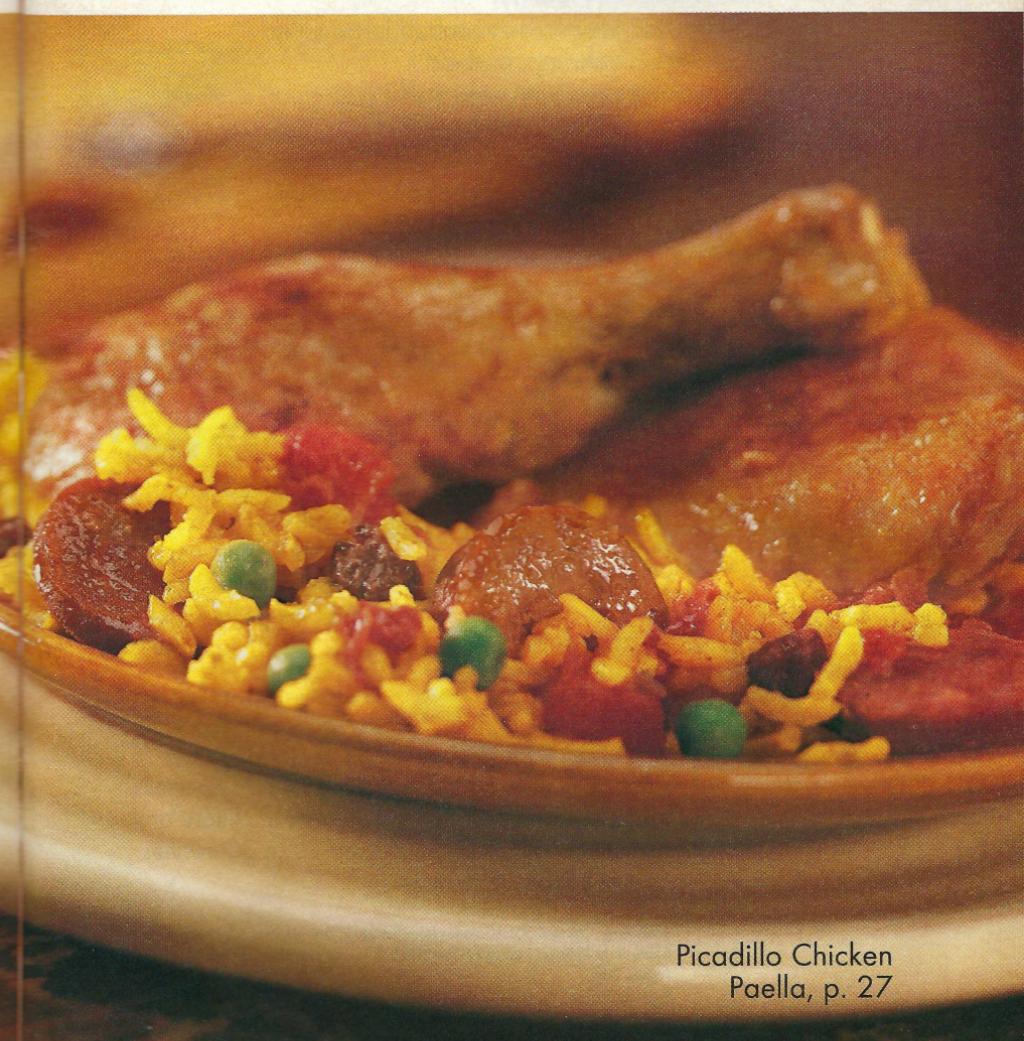


Savory CHICKEN & FISH

Delicious new flavor combinations featuring chicken, turkey, fish and seafood. They're sure to satisfy the heartiest of appetites.



Seafood-Stuffed
Pasta Shells, p. 26



Picadillo Chicken
Paella, p. 27

Seafood-Stuffed Pasta Shells

PREP: 15 MIN COOK: 20 MIN BAKE: 30 MIN

(Photo on page 25)

Betty's Tips

SUBSTITUTION

Chopped fresh broccoli flowerets can be used instead of the asparagus.

SUCCESS HINT

Use plenty of water and make sure you heat the water to a vigorous boil before adding the pasta shells.

Do-AHEAD

To make up to 24 hours ahead of time, fill cooked shells and arrange in dish with sauce as directed, then cover and refrigerate. Bake as directed.

18 uncooked jumbo pasta shells
1 tablespoon margarine or butter
1 medium onion, chopped ($\frac{1}{2}$ cup)
 $\frac{1}{2}$ cup chopped bell pepper
 $\frac{1}{2}$ pound asparagus, cut into 1-inch pieces (1 $\frac{1}{2}$ cups)
1 $\frac{1}{2}$ cups frozen cooked large salad shrimp, thawed
2 cans (6 ounces each) crabmeat, drained (1 $\frac{1}{4}$ cups)
1 jar (17 ounces) Alfredo pasta sauce
2 tablespoons chopped fresh or $\frac{1}{2}$ teaspoon dried basil leaves
 $\frac{1}{4}$ cup shredded Parmesan cheese

1. Heat oven to 350°. Spray rectangular baking dish, 13x9x2 inches, with cooking spray. Cook and drain pasta shells as directed on package.

2. While shells are cooking, melt margarine in 12-inch nonstick skillet over medium-high heat. Cook onion and bell pepper in margarine 2 to 3 minutes, stirring occasionally, until crisp-tender. Stir in asparagus. Cover and cook 3 to 5 minutes, stirring occasionally, until asparagus is crisp-tender; remove from heat. Stir in shrimp, crabmeat, $\frac{1}{2}$ cup of the pasta sauce and half of the basil.

3. Spread about $\frac{1}{4}$ cup of the remaining sauce over bottom of baking dish. Fill each cooked pasta shell with about 2 tablespoons of the seafood mixture. Arrange in dish. Spoon remaining sauce over shells. Sprinkle each filled shell with Parmesan cheese and remaining basil. Bake uncovered 25 to 30 minutes or until bubbly. 6 servings.

1 Serving: Calories 505 (Calories from Fat 280); Fat 31g (Saturated 18g); Cholesterol 190mg; Sodium 660mg; Carbohydrate 31g (Dietary Fiber 2g); Protein 28g

% Daily Value: Vitamin A 34%; Vitamin C 26%; Calcium 32%; Iron 16%
Diet Exchanges: 2 Starch, 3 Lean Meat, 4 Fat

Picadillo Chicken Paella

PREP: 15 MIN BAKE: 1 HR 5 MIN

(Photo on page 25)

Betty's Tips

SERVE WITH

This festive Spanish dish is a meal in itself. Complete the menu with crusty French bread and, for dessert, lemon sorbet.

1 cup uncooked regular long-grain rice
1/2 pound smoked chorizo sausage, sliced
1/4 cup raisins
1 can (14 1/2 ounces) stewed tomatoes, undrained
1 can (14 1/2 ounces) chicken broth
1/2 teaspoon ground turmeric
4 chicken legs, skin removed if desired
4 chicken thighs, skin removed if desired
1/4 teaspoon seasoned salt
1/4 teaspoon paprika
1 cup frozen green peas, thawed

1. Heat oven to 375°. Spray rectangular baking dish, 13x9x2 inches, with cooking spray.
2. Mix rice, sausage, raisins, tomatoes, broth and turmeric in baking dish. Arrange chicken on top; press into rice mixture. Sprinkle chicken with seasoned salt and paprika.
3. Cover and bake 30 minutes. Uncover and bake about 30 minutes longer or until liquid is absorbed and juice of chicken is no longer pink when centers of thickest pieces are cut. Stir in peas. Bake uncovered 5 minutes. 4 servings.

1 Serving: Calories 780 (Calories from Fat 340); Fat 38g (Saturated 13g); Cholesterol 150mg; Sodium 1660mg; Carbohydrate 61g (Dietary Fiber 4g); Protein 53g

% Daily Value: Vitamin A 10%; Vitamin C 12%; Calcium 8%; Iron 32%

Diet Exchanges: 4 Starch, 3 Medium-Fat Meat

Corn Bread-Topped Chicken Pot Pie

PREP: 15 MIN COOK: 15 MIN BAKE: 22 MIN
STAND: 5 MIN

Betty's Tips

SUBSTITUTION

This recipe will work with lots of other vegetable combinations. Let your family pick their favorite, or you can substitute leftover cooked vegetables for the frozen vegetables.

SUCCESS HINT

Make sure that the chicken filling is still hot before dropping the corn bread batter on top to ensure that the corn bread will bake throughout.

SERVE-WITH

Enjoy grapes and apple wedges with this family-pleasin' meal.

1 pound boneless, skinless chicken breasts, cut into 1/2-inch pieces
1/2 teaspoon peppered seasoned salt
1 large onion, chopped (1 cup)
1 jar (12 ounces) home-style chicken gravy
1 bag (1 pound) frozen broccoli, cauliflower and carrots
1/2 cup sour cream
1 pouch (6.5 ounces) Betty Crocker golden corn muffin and bread mix
1/3 cup milk
2 tablespoons margarine or butter, melted
1 egg
2 tablespoons shredded Parmesan cheese

1. Heat oven to 400°. Spray rectangular baking dish, 13x9x2 inches, and 12-inch nonstick skillet with cooking spray. Sprinkle chicken with seasoned salt. Cook chicken and onion in skillet over medium-high heat 4 to 6 minutes, stirring occasionally, until chicken is brown.
2. Stir in gravy. Heat to boiling; reduce heat to medium-low. Cover and cook about 5 minutes, stirring occasionally, until chicken is no longer pink in center. While chicken is cooking, place vegetables in colander. Rinse with hot water until thawed. Remove chicken mixture from heat. Stir in vegetables and sour cream; keep warm.
3. Stir corn bread mix, milk, margarine and egg just until moistened (batter will be lumpy). Spoon chicken mixture into baking dish. Drop batter by spoonfuls around edges of warm chicken mixture. Sprinkle cheese over batter.



4. Bake uncovered 20 to 22 minutes or until corn bread is deep golden brown. Let stand 5 minutes before serving. **4 servings.**

1 Serving: Calories 680 (Calories from Fat 245); Fat 27g (Saturated 12g); Cholesterol 150mg; Sodium 1920mg; Carbohydrate 75g (Dietary Fiber 7g); Protein 41g

% Daily Value: Vitamin A 46%; Vitamin C 32%; Calcium 32%; Iron 28%

Diet Exchanges: 5 Starch, 4 Lean Meat, 1½ Fat

Santa Fe Chicken Tortellini Casserole

PREP: 15 MIN BAKE: 35 MIN

Betty's Tips

SUCCESS HINT

Broken chips at the bottom of the chip bag are perfect for topping off this casserole. You also can place whole chips in a resealable plastic bag and crush them with a rolling pin.

SERVE-WITH

For a true taste of the Southwest, pass around individual bowls of salsa, sour cream and sliced ripe olives.

1 package (9 ounces) refrigerated cheese-filled tortellini
3 tablespoons olive or vegetable oil
2 cups broccoli flowerets
1 medium onion, chopped (1/2 cup)
1 medium red bell pepper, chopped (1 cup)
3 tablespoons Gold Medal® all-purpose flour
3/4 cup milk
3/4 cup chicken broth
1 teaspoon ground cumin
4 cups cut-up cooked chicken
3/4 cup shredded Monterey Jack cheese
(3 ounces)
1/2 cup shredded Colby cheese (2 ounces)
1/2 cup crushed tortilla chips, if desired

1. Heat oven to 325°. Grease 3-quart casserole. Cook and drain tortellini as directed on package.
2. Heat 1 tablespoon of the oil in 10-inch skillet over medium-high heat. Cook broccoli, onion and bell pepper in oil about 3 minutes, stirring frequently, until crisp-tender. Remove broccoli mixture from skillet.
3. Cook flour and remaining 2 tablespoons oil in same skillet over low heat, stirring constantly, until smooth. Stir in milk, broth and cumin. Heat to boiling over medium heat, stirring constantly; remove from heat. Stir in chicken, Monterey Jack cheese, tortellini and broccoli mixture. Spoon into casserole.
4. Bake uncovered 25 to 35 minutes or until hot in center. During last several minutes of baking, sprinkle with Colby cheese and tortilla chips; bake until cheese is melted. 6 servings.

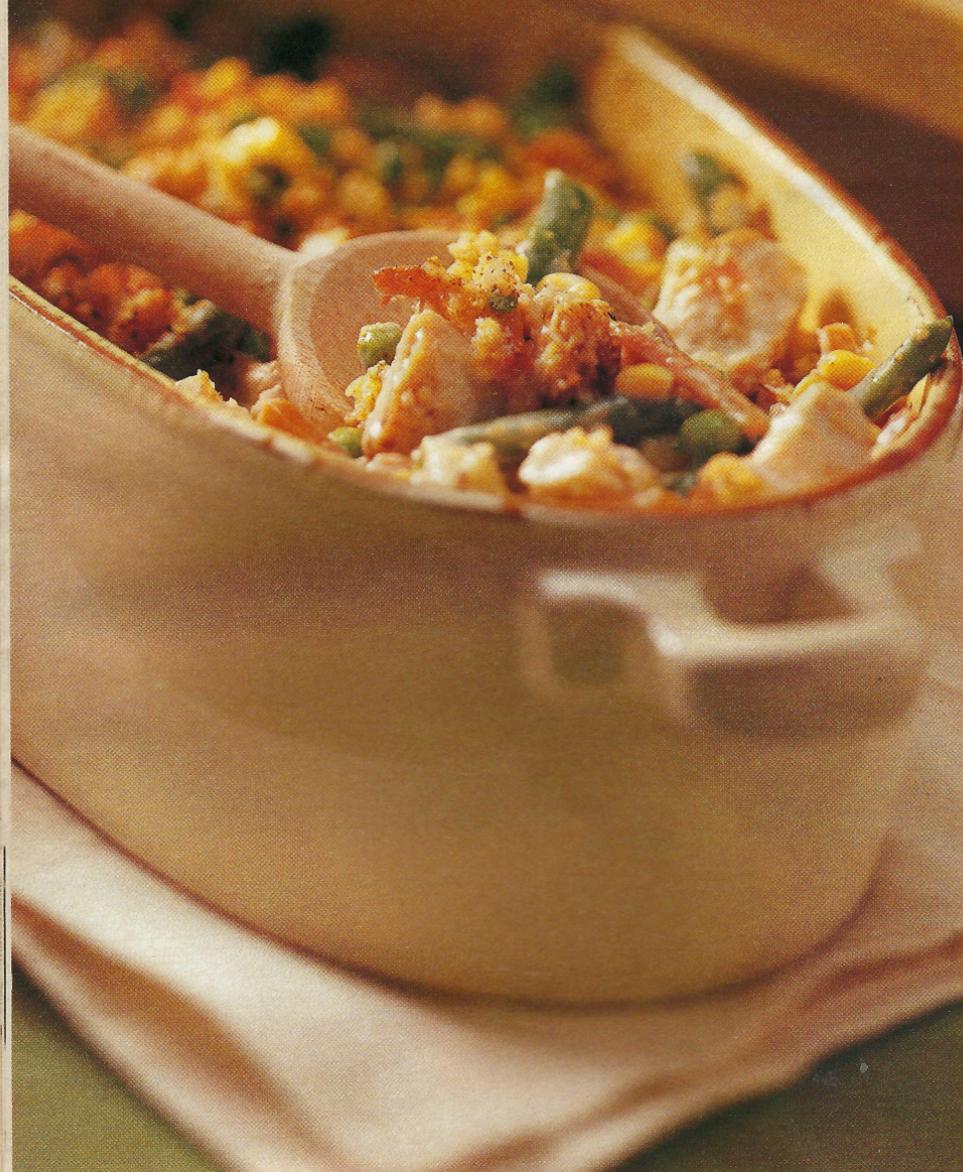
1 Serving: Calories 480 (Calories from Fat 250); Fat 28g (Saturated 10g); Cholesterol 145mg; Sodium 490mg; Carbohydrate 20g (Dietary Fiber 2g); Protein 39g

% Daily Value: Vitamin A 30%; Vitamin C 58%; Calcium 26%; Iron 14%

Diet Exchanges: 1 Starch, 5 Medium-Fat Meat, 1 Vegetable



*All the great flavors of an old-fashioned
turkey dinner without the work!*



quick & low fat

Betty's Tips

SUBSTITUTION

You can substitute cut-up leftover turkey for the chicken.

SERVE-WITH

This comfy casserole is a wonderful reminder of an old-fashioned turkey dinner, without all the work! Try serving with a side of cranberry sauce spiked with a little orange-flavored liqueur or orange juice and grated orange peel.

Chicken and Corn Bread Stuffing Casserole

PREP: 15 MIN BAKE: 15 MIN

1 can (10 $\frac{3}{4}$ ounces) condensed 98% fat-free cream of chicken or celery soup
3/4 cup fat-free (skim) milk
1 package (10 ounces) frozen mixed vegetables, thawed and drained
1 medium onion, finely chopped (1/2 cup)
1/2 teaspoon ground sage or poultry seasoning
2 cups cut-up cooked chicken
1 1/2 cups corn bread stuffing mix
1/8 teaspoon pepper
Paprika, if desired

1. Heat oven to 400°. Spray 3-quart casserole with cooking spray.
2. Heat soup and milk to boiling in 3-quart saucepan over high heat, stirring frequently. Stir in mixed vegetables, onion and sage. Heat to boiling, stirring frequently; remove from heat.
3. Stir in chicken and stuffing mix. Spoon into casserole. Sprinkle with pepper and paprika. Bake uncovered about 15 minutes or until hot in center.
4 servings.

1 Serving: Calories 285 (Calories from Fat 55); Fat 6g (Saturated 2g); Cholesterol 60mg; Sodium 1060mg; Carbohydrate 34g (Dietary Fiber 4g); Protein 28g

% Daily Value: Vitamin A 28%; Vitamin C 22%; Calcium 14%; Iron 12%

Diet Exchanges: 2 Starch, 2 1/2 Very Lean Meat, 1 Vegetable

Creamy Layered Chicken Dinner

PREP: 10 MIN BAKE: 40 MIN

Betty's Tips

SUBSTITUTION

Four ounces of sliced fresh mushrooms can be used instead of the canned mushrooms.

SERVE-WITH

Add a crisp green salad and Bisquick biscuits to complete this kid-friendly meal.

- 4 boneless, skinless chicken breast halves (about 1 1/4 pounds)
- 4 slices process Swiss cheese
- 1 package Betty Crocker Chicken Helper® chicken & stuffing
- 1 can (4 ounces) mushroom pieces and stems, drained
- 1 1/2 cups hot water
- 1 cup hot water
- 2 tablespoons margarine or butter, melted

1. Heat oven to 375°. Place chicken in ungreased rectangular baking dish, 13x9x2 inches; cover with cheese slices. Sprinkle with Stuffing and mushrooms.
2. Mix 1 1/2 cups hot water and the Seasoning Mix; pour over stuffing. Stir 1 cup hot water and the Gravy Mix with wire whisk until smooth; pour over mixture in dish. Drizzle with margarine.
3. Cover and bake 20 minutes. Uncover and bake 15 to 20 minutes longer or until top is golden brown and juice of chicken is no longer pink when centers of thickest pieces are cut. 4 servings.

1 Serving: Calories 395 (Calories from Fat 145); Fat 16g (Saturated 6g); Cholesterol 90mg; Sodium 1120mg; Carbohydrate 29g (Dietary Fiber 2g); Protein 36g

% Daily Value: Vitamin A 12%; Vitamin C 0%; Calcium 22%; Iron 14%

Diet Exchanges: 2 Starch, 4 Lean Meat





Cheesy Chicken and Rotini Casserole

PREP: 15 MIN BAKE: 43 MIN

Betty's Tips

SUBSTITUTION

Mushroom fans may want to prepare this casserole using cream of mushroom soup.

TIME-SAVER

If you want to use refrigerated pasta, there's no need to cook it first. Just rinse a 9-ounce package of refrigerated linguine with hot water to remove the excess starch in the pasta, which would add an unpleasant starchy consistency and flavor to the casserole.

3 cups uncooked rotini pasta (9 ounces)
2 cups cut-up cooked chicken
1 cup frozen onions, celery, bell pepper and parsley (from 16-ounce bag)
1 can (10 $\frac{3}{4}$ ounces) condensed cream of chicken soup
1 cup chicken broth
2 roma (plum) tomatoes, each cut into 6 wedges
3 medium green onions, sliced (3 tablespoons)
1/2 cup shredded Cheddar cheese (2 ounces)

1. Heat oven to 350°. Grease square pan, 8x8x2 inches. Cook and drain pasta as directed on package.
2. Mix pasta, chicken, frozen vegetables, soup and broth in pan. Bake uncovered 35 to 40 minutes or until bubbly around edges.
3. Top with tomatoes. Sprinkle with onions and cheese. Bake uncovered about 3 minutes or until cheese is melted. 6 servings.

1 Serving: Calories 365 (Calories from Fat 100); Fat 11g (Saturated 4g); Cholesterol 50mg; Sodium 760mg; Carbohydrate 44g (Dietary Fiber 2g); Protein 25g

% Daily Value: Vitamin A 8%; Vitamin C 6%; Calcium 6%; Iron 16%
Diet Exchanges: 3 Starch, 2 Lean Meat, 1/2 Fat

Chicken and Rice with Autumn Vegetables

PREP: 15 MIN BAKE: 30 MIN

Betty's Tips

SUBSTITUTION

Buttercup squash can be used if butternut is not available. Butternut squash is a long, tan-colored squash with a bulbous end; the buttercup variety is round with a flat bottom and dark green color. Buttercup has a drier texture, but both are sweet tasting.

1 package (about 6 ounces) chicken-flavored rice mix or rice and vermicelli mix
2 cups 1-inch pieces butternut squash
1 medium zucchini, cut lengthwise in half, then crosswise into $\frac{3}{4}$ -inch slices
1 medium red bell pepper, cut into 1-inch pieces (1 cup)
4 boneless, skinless chicken breast halves (about $1\frac{1}{4}$ pounds)
2 cups water
1/2 cup garlic-and-herb spreadable cheese

1. Heat oven to 425°. Mix rice, contents of seasoning packet, squash, zucchini and bell pepper in ungreased rectangular pan, 13x9x2 inches.
2. Spray 10-inch skillet with cooking spray; heat over medium-high heat. Cook chicken in skillet 5 minutes, turning once, until brown. Remove chicken from skillet.
3. Add water to skillet; heat to boiling. Pour boiling water over rice mixture; stir to mix. Stir in cheese. Place chicken on rice mixture.
4. Cover and bake about 30 minutes or until liquid is absorbed and juice of chicken is no longer pink when centers of thickest pieces are cut. 4 servings.

1 Serving: Calories 340 (Calories from Fat 125); Fat 14g (Saturated 7g); Cholesterol 105mg; Sodium 320mg; Carbohydrate 23g (Dietary Fiber 2g); Protein 32g

% Daily Value: Vitamin A 76%; Vitamin C 58%; Calcium 8%; Iron 14%

Diet Exchanges: 1 Starch, 4 Lean Meat, 2 Vegetable





Salsa Arroz con Pollo

PREP: 15 MIN BAKE: 1½ HR

Betty's Tips

SUCCESS HINT

Using a resealable plastic bag for coating the chicken saves cleanup and makes evenly coating the chicken a breeze!

1 cup uncooked regular long-grain rice
1 cup frozen whole kernel corn
1 can (14½ ounces) chicken broth
1 can (14½ ounces) salsa-style diced tomatoes with green chilies, undrained
1 can (15 ounces) black beans, rinsed and drained
3 tablespoons Gold Medal all-purpose flour
1 teaspoon chili powder
½ teaspoon ground cumin
½ teaspoon salt
3- to 3½-pound cut-up broiler-fryer chicken, skin removed if desired

1. Heat oven to 375°. Mix rice, corn, broth, tomatoes and beans in ungreased rectangular baking dish, 13x9x2 inches.

2. Mix flour, chili powder, cumin and salt in heavy-duty resealable plastic food-storage bag. Add chicken, 2 pieces at a time; seal bag and shake until chicken is evenly coated. Arrange chicken, meaty sides up, on rice mixture.

3. Cover and bake 1 hour 15 minutes. Uncover and bake 10 to 15 minutes longer or until liquid is absorbed and juice of chicken is no longer pink when centers of thickest pieces are cut. 6 servings.

1 Serving: Calories 490 (Calories from Fat 135); Fat 15g (Saturated 4g); Cholesterol 85mg; Sodium 970mg; Carbohydrate 57g (Dietary Fiber 7g); Protein 39g

% Daily Value: Vitamin A 10%; Vitamin C 12%; Calcium 10%; Iron 28%

Diet Exchanges: 3 Starch, 4 Lean Meat, 2 Vegetable

Southern Turkey and Lentil Casserole

PREP: 15 MIN COOK: 15 MIN BAKE: 1 HR 10 MIN

Betty's Tips

SUBSTITUTION

Ketchup can be used in place of the chili sauce for this delicious casserole.

TIME-SAVER

Freeze leftover cooked turkey for use in recipes. Cool the turkey completely, then package it in small measured amounts. Label and date the packages.

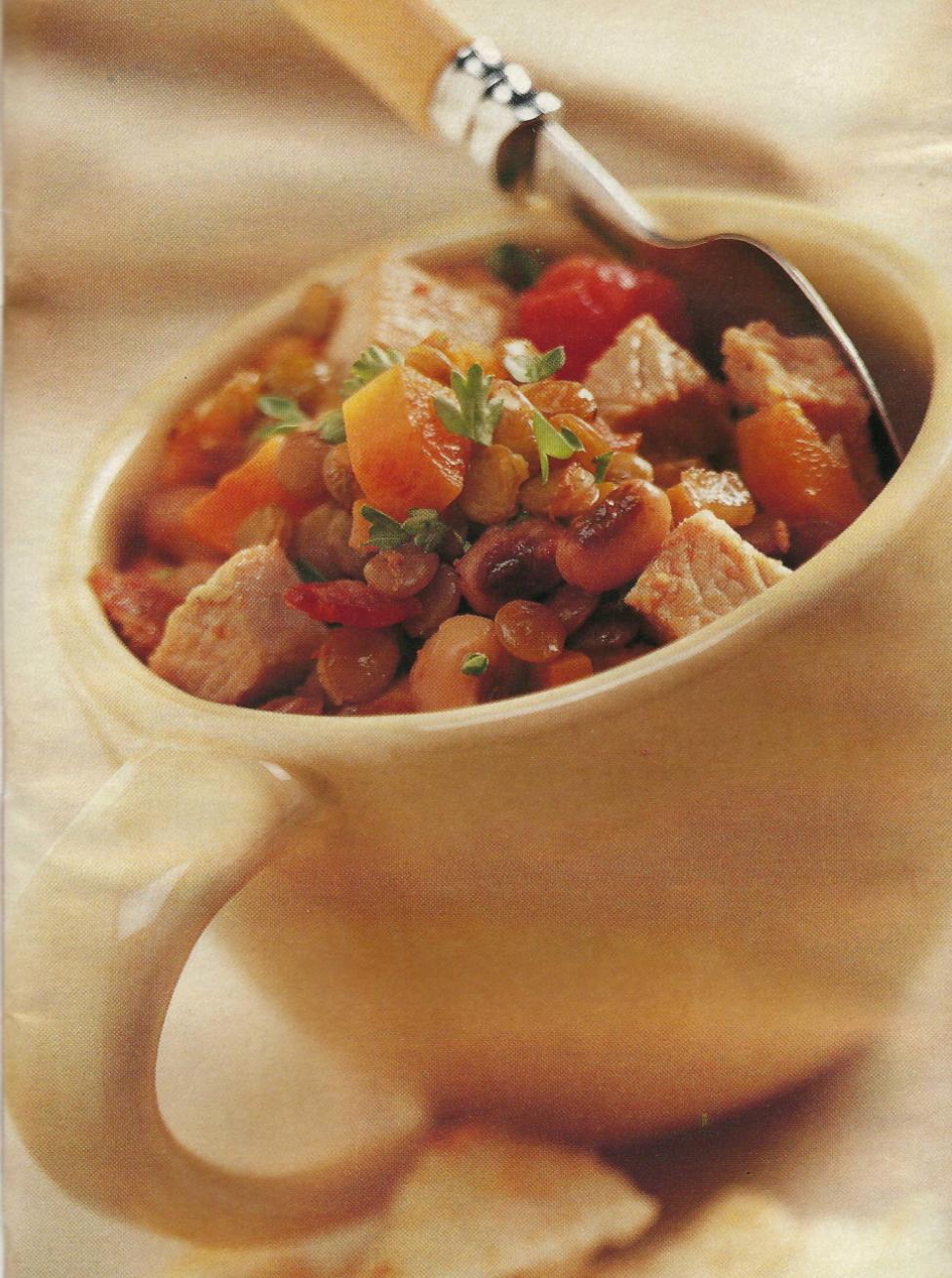
SERVE-WITH

Serve this southern-inspired casserole with thick slices of whole-grain bread and lots of fresh fruit.

4 slices bacon, cut into 1/2-inch pieces
2 medium carrots, chopped (1 cup)
1 medium onion, chopped (1/2 cup)
1 cup dried lentils (8 ounces), sorted and rinsed
1 can (15 to 16 ounces) black-eyed peas, rinsed and drained
1 can (14 1/2 ounces) stewed tomatoes with garlic, oregano and basil, undrained
1 can (14 1/2 ounces) chicken broth
1 1/2 cups 1/2-inch cubes cooked turkey or chicken
2 tablespoons chili sauce
Chopped fresh parsley, if desired

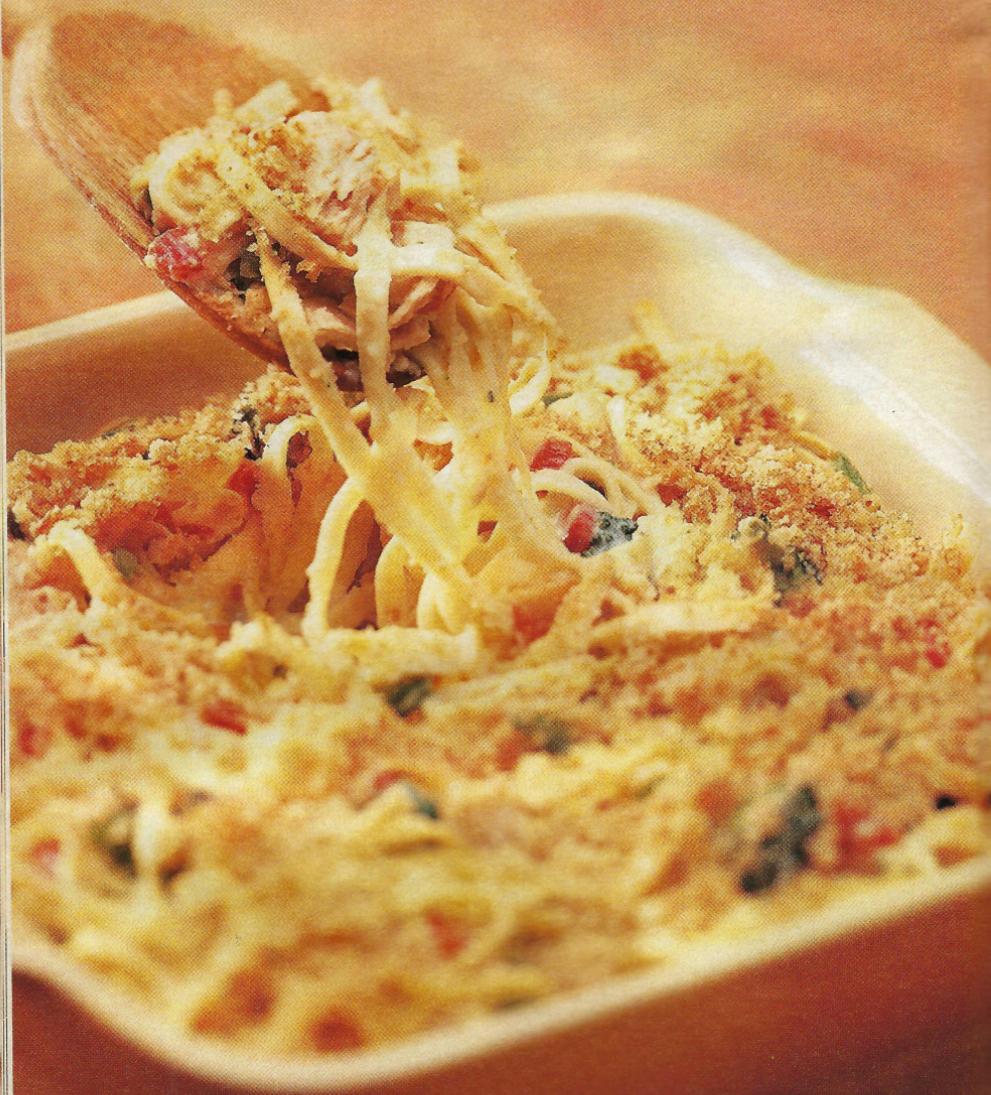
1. Heat oven to 350°. Spray rectangular baking dish, 13x9x2 inches, with cooking spray.
2. Cook bacon, carrots and onion in 10-inch nonstick skillet over medium heat 3 to 5 minutes, stirring occasionally, until vegetables are crisp-tender. Stir in lentils. Cook 3 minutes, stirring occasionally.
3. Spoon mixture into baking dish. Stir in black-eyed peas, tomatoes, broth, turkey and chili sauce.
4. Cover and bake 60 to 70 minutes or until liquid is absorbed. Sprinkle with parsley. 5 servings.

1 Serving: Calories 330 (Calories from Fat 65); Fat 7g (Saturated 2g); Cholesterol 40mg; Sodium 990mg; Carbohydrate 51g (Dietary Fiber 16g); Protein 32g
% Daily Value: Vitamin A 44%; Vitamin C 12%; Calcium 8%; Iron 38%
Diet Exchanges: 3 Starch, 2 Very Lean Meat, 1 Vegetable



*A great casserole to welcome in the
New Year—black-eyed peas are
thought to bring good luck!*

*Satisfy hearty winter appetites
with an updated tuna casserole.*



Tuna Linguine Casserole

PREP: 10 MIN COOK: 15 MIN BAKE: 25 MIN

Betty's Tips

SUBSTITUTION

If you don't have any roasted red bell peppers on hand, use sliced pimientos, drained, instead.

This casserole is also delicious made with regular water-packed tuna instead of the slightly more expensive albacore tuna.

8 ounces uncooked linguine
1 cup frozen broccoli flowerets
1 package (1.8 ounces) leek soup mix
1½ cups milk
Dash of pepper
1 can (6 ounces) albacore tuna, drained
2 tablespoons chopped drained roasted red bell peppers (from 7-ounce jar)
1 tablespoon margarine or butter, melted
¼ cup plain dry bread crumbs

1. Heat oven to 350°. Spray square baking dish, 8x8x2 inches, with cooking spray. Cook and drain linguine as directed on package, adding broccoli for last 2 minutes of cook time.
2. While linguine is cooking, mix soup mix and milk in 1-quart saucepan. Heat to boiling over medium heat, stirring constantly. Stir in pepper.
3. Mix linguine, broccoli, tuna, bell peppers and soup mixture; spoon into baking dish. Mix margarine and bread crumbs; sprinkle over linguine mixture.
4. Bake uncovered 20 to 25 minutes or until top is golden brown. 4 servings.

1 Serving: Calories 410 (Calories from Fat 65); Fat 7g (Saturated 3g); Cholesterol 35mg; Sodium 580mg; Carbohydrate 55g (Dietary Fiber 4g); Protein 36g

% Daily Value: Vitamin A 26%; Vitamin C 22%; Calcium 10%; Iron 24%
Diet Exchanges: 3 Starch, 3 Very Lean Meat, 2 Vegetable, ½ Fat

quick & low fat

Betty's Tips

SERVE-WITH

Forget ordinary tuna casserole, and try this enticing Crab au Gratin. Not only will you be pleased by its extraordinary flavor, you'll also applaud that it's low in fat. Steam some fresh pea pods to serve alongside.

Creamy Crab au Gratin

PREP: 15 MIN BAKE: 15 MIN

1½ cups sliced mushrooms (4 ounces)
2 medium stalks celery, sliced (1 cup)
1 can (14½ ounces) chicken broth
¾ cup fat-free half-and-half
3 tablespoons Gold Medal all-purpose flour
½ teaspoon red pepper sauce
2 packages (8 ounces each) refrigerated imitation crabmeat chunks or
2 cups chopped cooked crabmeat
1 cup soft bread crumbs (about 1½ slices bread)

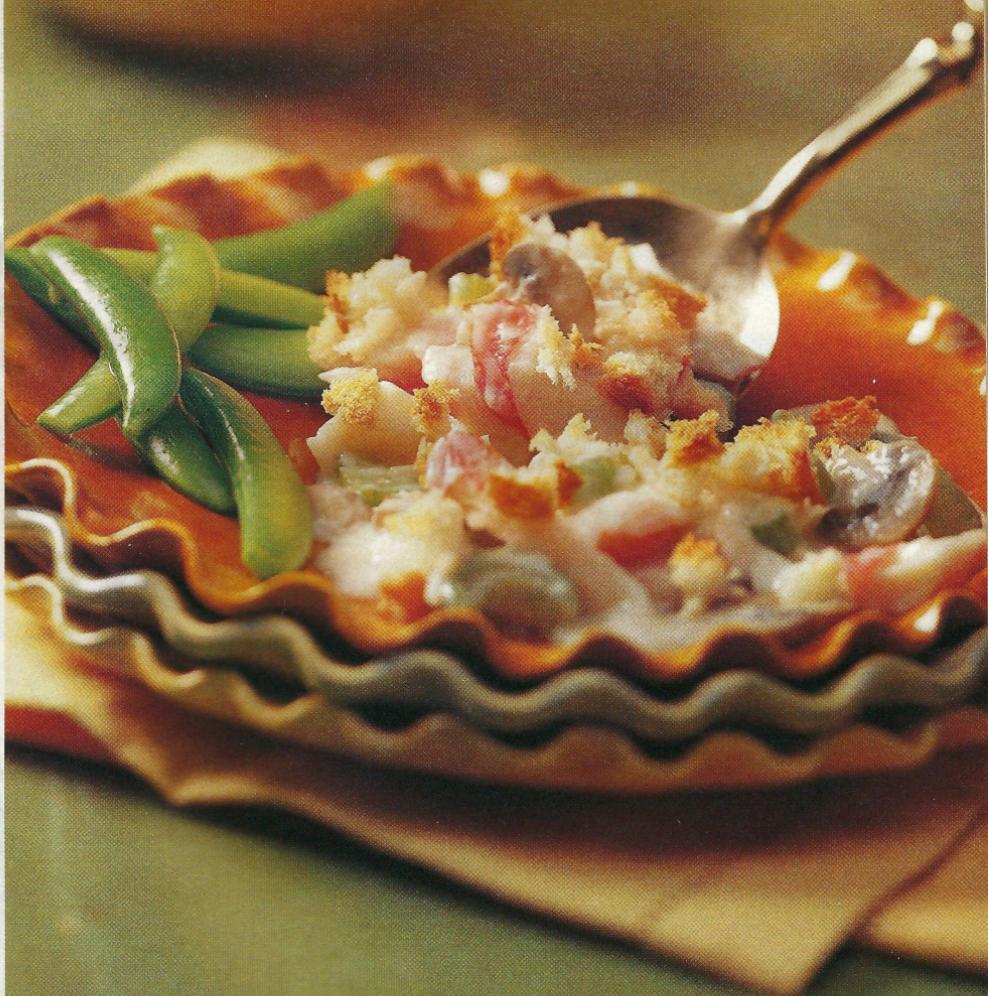
1. Heat oven to 400°. Lightly spray rectangular baking dish, 11x7x1½ inches, with cooking spray.
2. Spray 3-quart saucepan with cooking spray; heat over medium heat. Cook mushrooms and celery in saucepan about 4 minutes, stirring constantly, until celery is tender. Stir in broth. Heat to boiling; reduce heat.
3. Beat half-and-half, flour and pepper sauce with wire whisk until smooth; stir into vegetable mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in crabmeat.
4. Spoon crabmeat mixture into baking dish. Top with bread crumbs. Bake uncovered about 15 minutes or until heated through. 4 servings.

1 Serving: Calories 200 (Calories from Fat 20); Fat 2g (Saturated 1g); Cholesterol 35mg; Sodium 1540mg; Carbohydrate 24g (Dietary Fiber 1g); Protein 23g

% Daily Value: Vitamin A 8%; Vitamin C 2%; Calcium 6%; Iron 8%

Diet Exchanges: ½ Starch, 2 Very Lean Meat, 2 Vegetable, ½ Skim Milk

*Homemade, delicious, nutritious
and ready in just 30 minutes.*

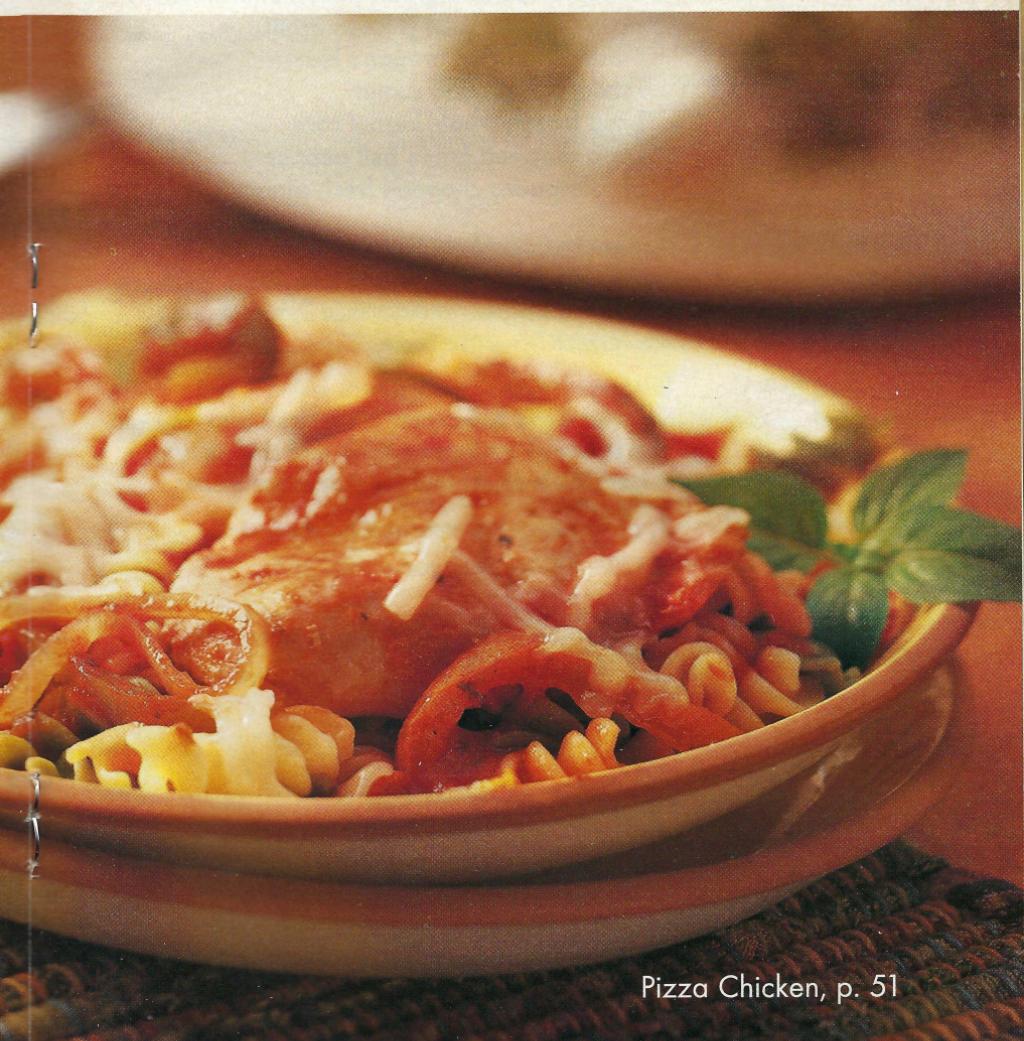
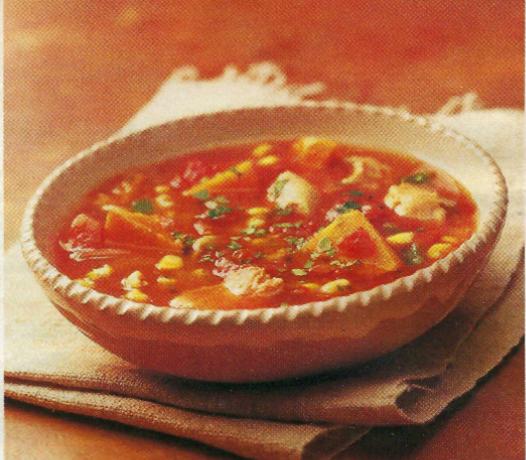


Slow Cooker MEALS

Scrumptious, no-fuss slow cooker meals your family will love! These easy-to-make, tantalizing dishes will be a big hit with the cook, too.



Southwest Chicken
Soup, p. 50



Pizza Chicken, p. 51

Southwest Chicken Soup

PREP: 15 MIN COOK: 8 HR + 30 MIN

(Photo on page 49)

Betty's Tips

SERVE WITH

Serve this hearty soup with a mixed-greens salad and warm corn bread sticks.

SPECIAL TOUCH

Add a little spice to your life! Top each serving with Spicy Tortilla Strips (page 72).

1 pound boneless, skinless chicken thighs
2 medium sweet potatoes, peeled and cut into 1-inch pieces (2 cups)
1 large onion, chopped (1 cup)
2 cans (14½ ounces each) salsa-style diced tomatoes with green chilies, undrained
1 can (14½ ounces) chicken broth
1 teaspoon dried oregano leaves
½ teaspoon ground cumin
1 cup frozen whole kernel corn
½ cup chopped green bell pepper
2 tablespoons chopped fresh cilantro

1. Remove fat from chicken. Cut chicken into 1-inch pieces. Mix chicken, sweet potatoes, onion, tomatoes, broth, oregano and cumin in 3½- to 4-quart slow cooker.
2. Cover and cook on low heat setting 7 to 8 hours. Stir in corn and bell pepper. Cover and cook on high heat setting about 30 minutes or until chicken is no longer pink in center and vegetables are tender.
3. Spoon soup into individual bowls. Sprinkle with cilantro. 6 servings.

1 Serving: Calories 225 (Calories from Fat 65); Fat 7g (Saturated 2g); Cholesterol 45mg; Sodium 560mg; Carbohydrate 24g (Dietary Fiber 4g); Protein 20g
% Daily Value: Vitamin A 90%; Vitamin C 34%; Calcium 8%; Iron 14%
Diet Exchanges: 1½ Starch, 2 Lean Meat

Pizza Chicken

PREP: 11 MIN COOK: 6 HR

(Photo on page 49)

Betty's Tips

SUBSTITUTION

For a bit more color, use 1 yellow bell pepper and 1 red or green bell pepper.

VARIATION

Six boneless pork chops can be substituted for the chicken thighs. Brown the pork chops, then continue as directed.

8 boneless, skinless chicken thighs
(about 1½ pounds)
½ teaspoon salt
¼ teaspoon pepper
1 small onion, sliced
2 medium bell peppers, cut into strips
2 cups spaghetti sauce
1 package (16 ounces) rotini pasta
1 cup shredded mozzarella cheese (4 ounces)

1. Remove fat from chicken. Sprinkle chicken with salt and pepper. Place chicken in 3½- to 6-quart slow cooker.
2. Top chicken with onion and bell peppers. Add spaghetti sauce. Cover and cook on low heat setting 4 to 6 hours or until juice of chicken is no longer pink when centers of thickest pieces are cut.
3. Cook and drain pasta as directed on package. Place pasta on platter. Top with chicken and sauce. Sprinkle with cheese. 8 servings.

1 Serving: Calories 405 (Calories from Fat 100); Fat 11g (Saturated 4g); Cholesterol 50mg; Sodium 570mg; Carbohydrate 54g (Dietary Fiber 3g); Protein 26g

% Daily Value: Vitamin A 8%; Vitamin C 30%; Calcium 14%; Iron 20%

Diet Exchanges: 3 Starch, 2 Medium-Fat Meat, 2 Vegetable

Caramelized-Onion Pot Roast

PREP: 25 MIN COOK: 9 HR

Betty's Tips

TIME-SAVER

When you're in a hurry, don't bother cooking the onions.

Omit the olive oil and mix the broth, beer, brown sugar, vinegar and mustard together. Place onions in the slow cooker. Top with beef and broth mixture.

SERVE-WITH

Betty Crocker
roasted garlic
mashed potatoes
are a terrific
accompaniment.

SPECIAL TOUCH

To make gravy, remove beef and onions from slow cooker. Skim off fat from beef juices, and pour juices into saucepan.

Mix 1 tablespoon cornstarch with 2 tablespoons water, and stir into beef juices. Boil and stir 1 minute or until thickened.

2 1/2-pound beef boneless chuck roast

1/2 teaspoon salt

1/4 teaspoon pepper

1 tablespoon olive or vegetable oil

4 medium onions, sliced

1 cup beef broth

1/2 cup beer or apple juice

1 tablespoon packed brown sugar

1 tablespoon cider vinegar

2 tablespoons Dijon mustard

Horseradish, if desired

1. Spray 12-inch skillet with cooking spray; heat over medium-high heat. Cook beef in skillet 5 minutes, turning once, until brown. Sprinkle with salt and pepper; remove from skillet.

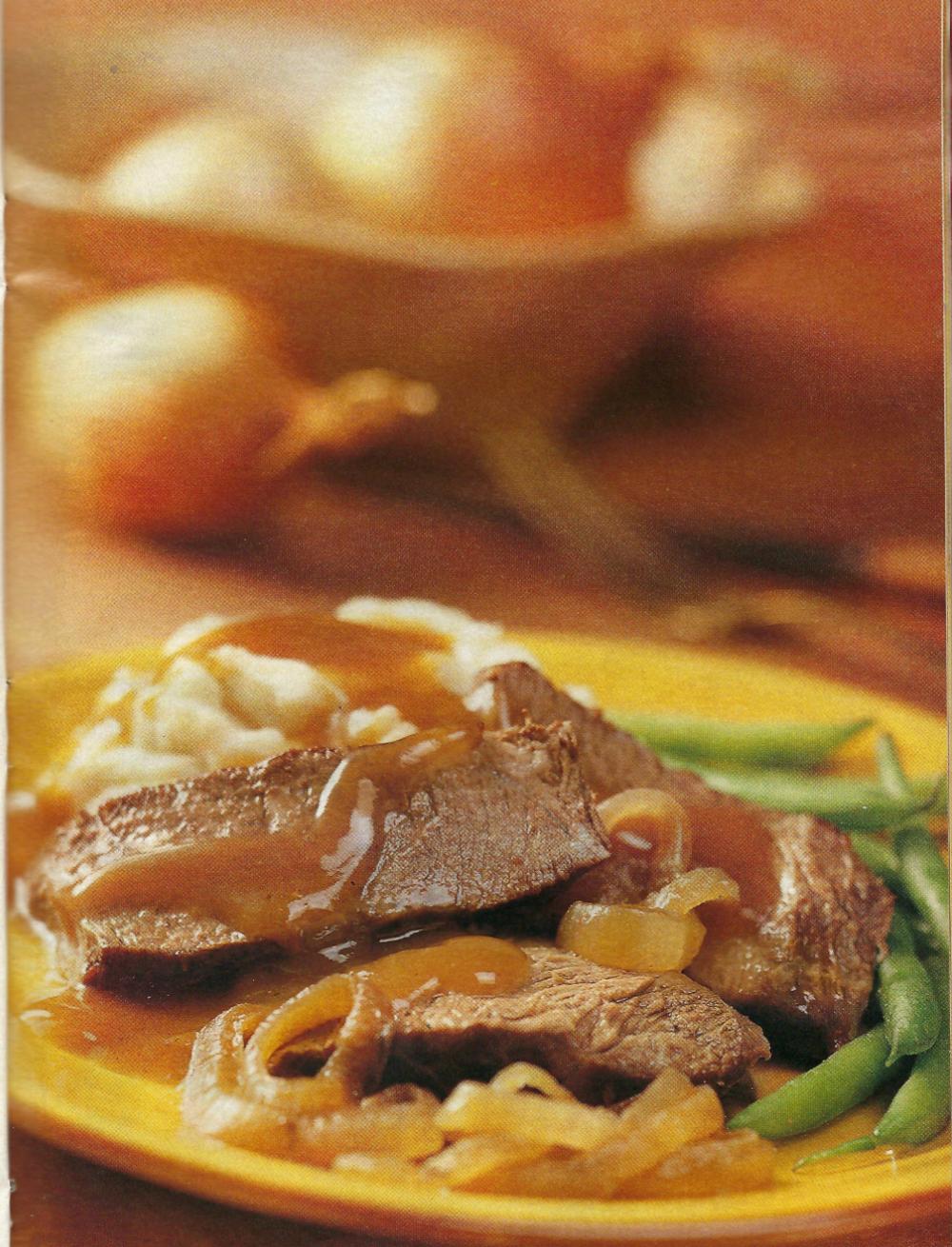
2. Reduce heat to medium. Add oil to skillet. Cook onions in oil 12 to 14 minutes, stirring frequently, until brown. Stir in broth, beer, brown sugar, vinegar and mustard. Spoon half of the onion mixture in 4- to 5-quart slow cooker. Place beef on onions. Spoon remaining onion mixture over beef.

3. Cover and cook on low heat setting 8 to 9 hours or until beef is tender.

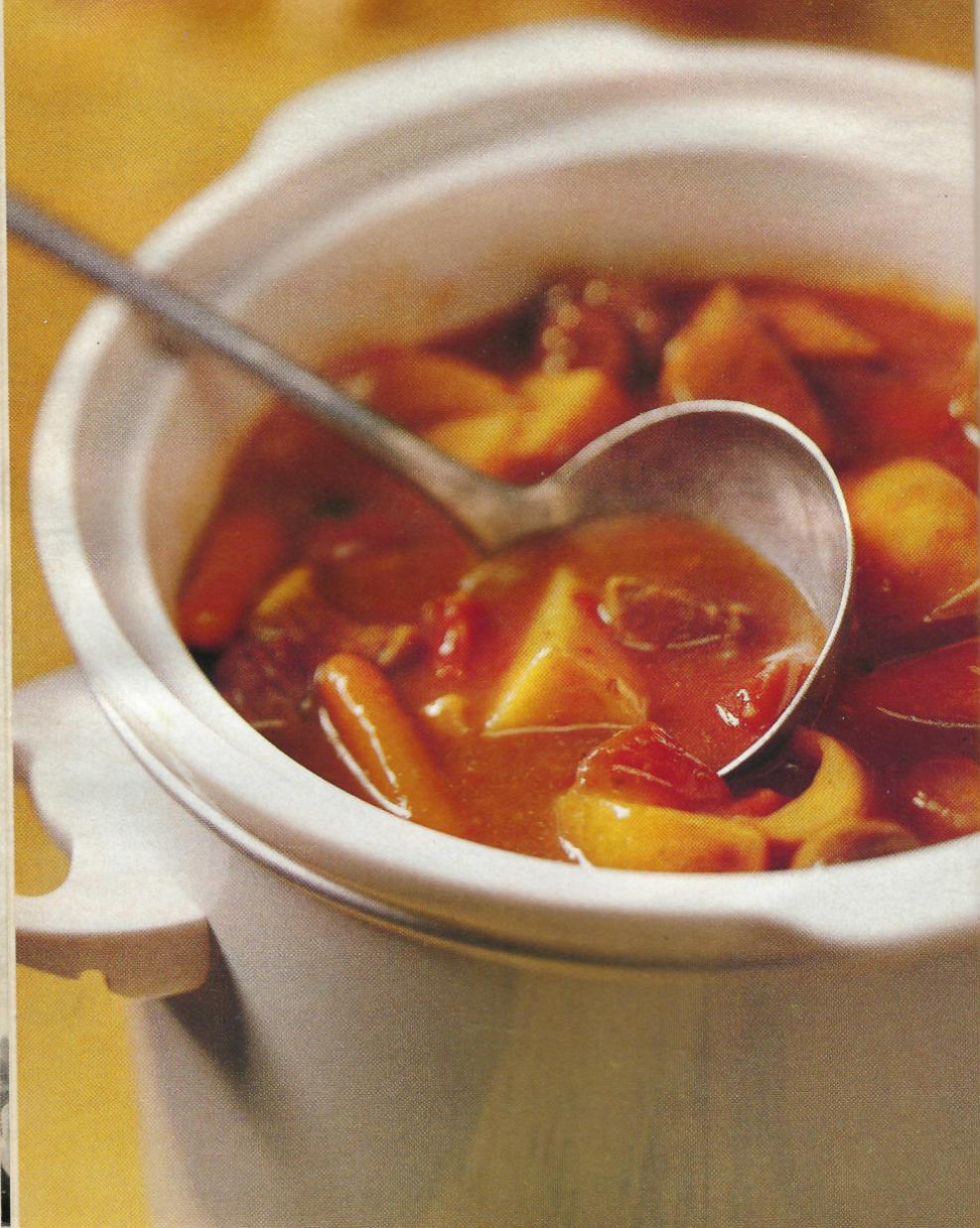
4. Remove beef and onions from slow cooker and place on serving platter. Spoon some of the beef juices from slow cooker over beef. Serve with horseradish. 6 servings.

1 Serving: Calories 410 (Calories from Fat 215); Fat 24g (Saturated 9g); Cholesterol 115mg; Sodium 530mg; Carbohydrate 10g (Dietary Fiber 2g); Protein 40g

% Daily Value: Vitamin A 0%; Vitamin C 4%; Calcium 2%; Iron 26%
Diet Exchanges: 1/2 Starch, 5 Medium-Fat Meat



*Warm up your evening with a
stew that practically cooks itself.*



Easy Beef Stew

PREP: 15 MIN COOK: 9 HR

Betty's Tips

SUBSTITUTION

We love the rich, buttery flavor of Yukon gold potatoes, but you can also use 12 new potatoes (about 1½ pounds), cut into fourths.

SUCCESS HINT

Don't cut the potatoes the night before or they will turn brown.

1½ pounds beef stew meat
½ teaspoon seasoned salt
¼ teaspoon pepper
1 jar (18 ounces) brown gravy
1 can (14½ ounces) diced tomatoes, undrained
3 medium Yukon gold potatoes,
cut into 2-inch pieces
1 medium onion, cut into eighths
1 bag (8 ounces) baby-cut carrots (about 30)
1 package (8 ounces) whole mushrooms

1. Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Sprinkle beef with seasoned salt and pepper. Cook beef in skillet about 5 minutes, stirring frequently, until brown; drain.
2. Mix gravy and tomatoes in 3½- to 6-quart slow cooker. Stir in beef and remaining ingredients.
3. Cover and cook on low heat setting 8 to 9 hours or until vegetables and beef are tender. 6 servings.

1 Serving: Calories 370 (Calories from Fat 145); Fat 16g (Saturated 6g); Cholesterol 70mg; Sodium 780mg; Carbohydrate 30g (Dietary Fiber 4g); Protein 30g
% Daily Value: Vitamin A 62%; Vitamin C 18%; Calcium 4%; Iron 28%
Diet Exchanges: 1 Starch, 3 Medium-Fat Meat, 3 Vegetable

Swiss Steak and Gravy

PREP: 10 MIN COOK: 8 HR

Betty's Tips

SUBSTITUTION

Two cups sliced fresh mushrooms can be used instead of the mushrooms in the jar. No additional liquid is needed.

VARIATION

You can add 2 cups baby-cut carrots to this Swiss Steak. Place the carrots in the bottom of the slow cooker.

6 beef cubed steaks (8 ounces each)

1/2 teaspoon salt

1/2 teaspoon pepper

1 small onion, chopped (1/4 cup)

1 jar (6 ounces) sliced mushrooms, undrained

2 cans (10 3/4 ounces each) condensed golden mushroom soup

1. Sprinkle beef with salt and pepper. Place beef in 3 1/2- to 4-quart slow cooker, sprinkling onion and mushrooms with liquid between layers of beef. Pour soup over beef.

2. Cover and cook on low heat setting 7 to 8 hours or until beef is tender. 6 servings.

1 Serving: Calories 330 (Calories from Fat 115); Fat 13g (Saturated 4g); Cholesterol 115mg; Sodium 1100mg; Carbohydrate 10g (Dietary Fiber 1g); Protein 44g

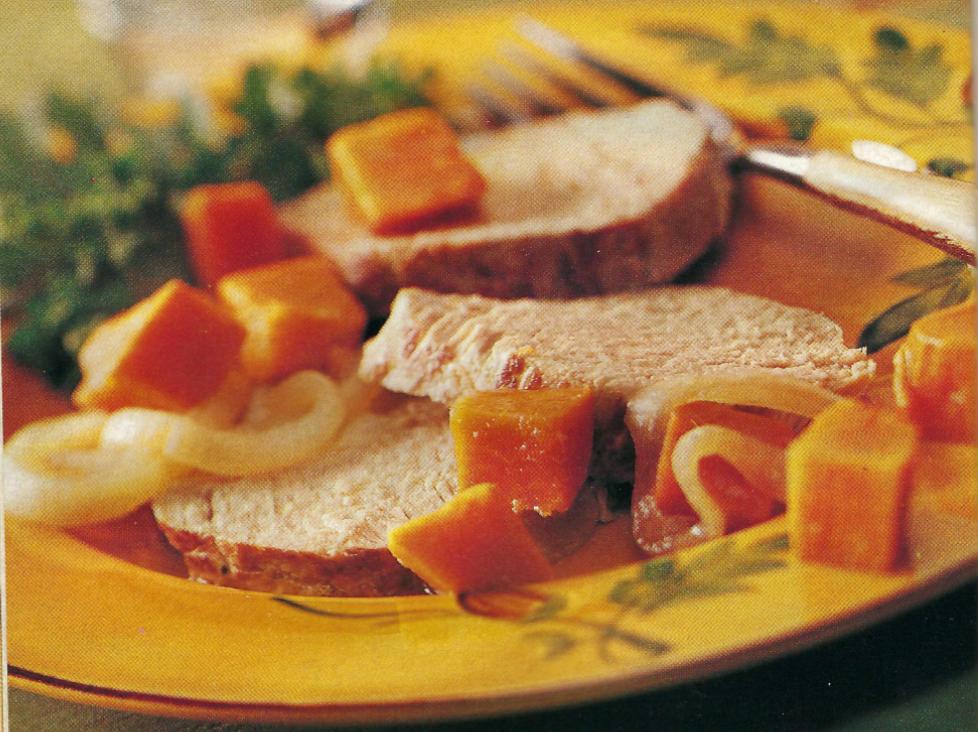
% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 6%; Iron 24%

Diet Exchanges: 1/2 Starch, 6 Very Lean Meat, 2 Fat



*Come home to the
wonderful aroma of a
home-cooked meal.*





Garlic Pork Roast and Sweet Potatoes

PREP: 15 MIN COOK: 10 HR

Betty's Tips

SUBSTITUTION

If you like, you can substitute apple juice for the chicken broth.

SUCCESS HINT

We prefer the flavor of darker orange sweet potatoes, but you can use whatever variety you prefer. After browning the roast, use a small amount of chicken broth to deglaze the pan. Heat the broth in the skillet, and stir to loosen the browned bits of food on the bottom.

3 1/2-pound pork boneless loin roast
1 tablespoon vegetable oil
1 teaspoon salt
1/2 teaspoon pepper
3 cups 1-inch pieces peeled sweet potatoes
1 medium onion, sliced
6 cloves garlic, peeled
1 cup chicken broth

1. Remove fat from pork. Heat oil in 10-inch skillet over medium-high heat. Sprinkle pork with salt and pepper. Cook pork in oil about 10 minutes, turning occasionally, until brown on all sides.
2. Place sweet potatoes, onion and garlic in 3 1/2- to 6-quart slow cooker. Place pork on vegetables. Pour broth over pork.
3. Cover and cook on low heat setting 8 to 10 hours or until pork and vegetables are tender. 6 servings.

1 Serving: Calories 535 (Calories from Fat 205); Fat 23g (Saturated 8g); Cholesterol 170mg; Sodium 680mg; Carbohydrate 24g (Dietary Fiber 3g); Protein 61g

% Daily Value: Vitamin A 100%; Vitamin C 20%; Calcium 4%; Iron 14%

Diet Exchanges: 1 1/2 Starch, 8 Lean Meat

Pulled Jerk Pork Sandwiches

PREP: 5 MIN COOK: 10 HR + 45 MIN

2½-pound pork boneless shoulder

1 tablespoon Jamaican jerk seasoning (dry)

¼ teaspoon dried thyme leaves

1 medium onion, chopped (½ cup)

1 cup cola

2 cups barbecue sauce

8 sandwich buns or flour tortillas (8 to 10 inches in diameter)

1. Spray slow cooker with cooking spray. Remove fat from pork. Rub jerk seasoning over pork; sprinkle with thyme. Place pork in 3½- to 6-quart slow cooker. Sprinkle with onion. Pour cola over pork.

2. Cover and cook on low heat setting 8 to 10 hours or until pork is very tender.

3. Remove pork from slow cooker; reserve ½ cup juices. Use 2 forks to pull pork into shreds. Place pork in slow cooker. Stir in barbecue sauce and reserved juices. Cover and cook on high heat setting 30 to 45 minutes or until heated through. Spoon filling onto buns. 8 servings.

1 Serving: Calories 450 (Calories from Fat 180); Fat 20g (Saturated 7g); Cholesterol 90mg; Sodium 1400mg; Carbohydrate 34g (Dietary Fiber 2g); Protein 35g

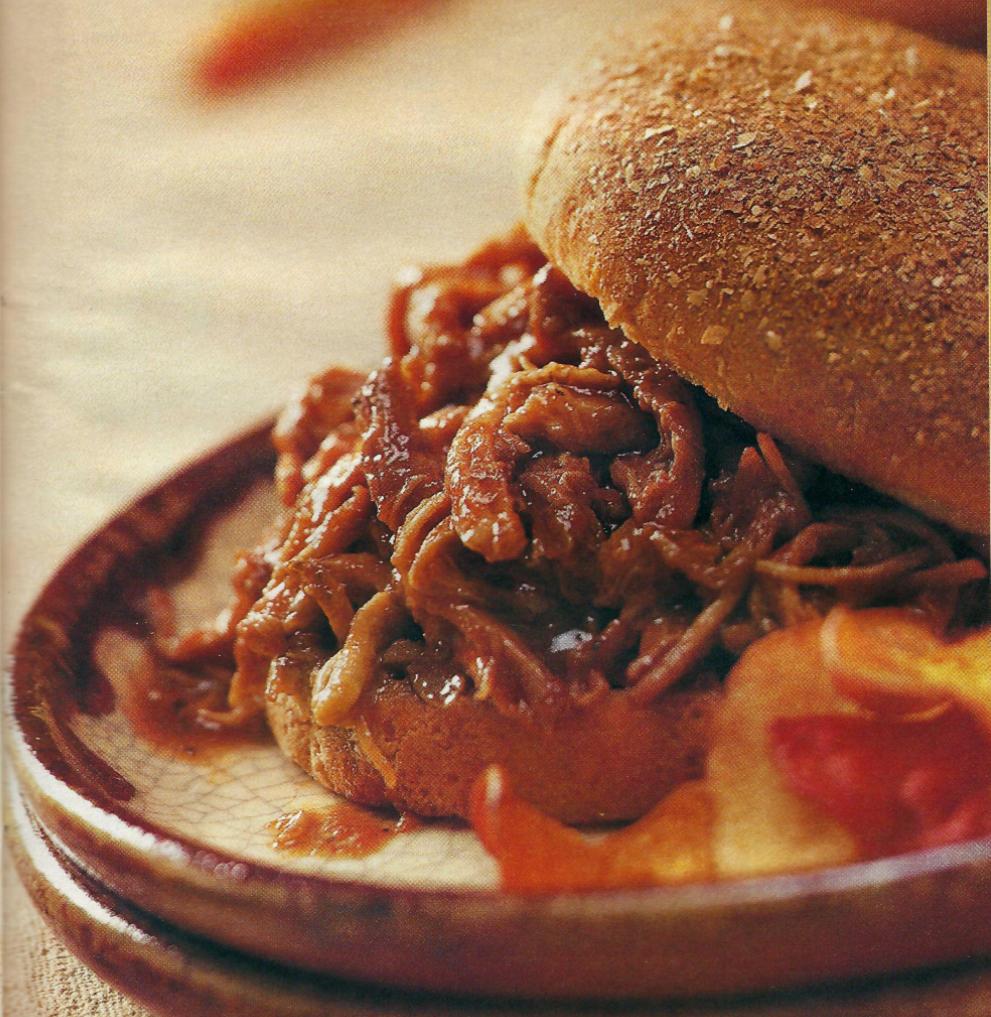
% Daily Value: Vitamin A 6%; Vitamin C 4%; Calcium 8%; Iron 16%

Diet Exchanges: 2 Starch, 4 Lean Meat, 1 Vegetable, 1 Fat





Use 2 forks to pull pork
into shreds.





Easy Pork Chili

PREP: 10 MIN COOK: 10 HR + 5 MIN

Betty's Tips

SUBSTITUTION

Vary the taste by using pinto beans instead of black beans and beef round steak instead of pork.

If you like a milder chili, use mild salsa and omit the Mexican seasoning. For a bit more spice, use medium-spicy salsa and 1 teaspoon Mexican seasoning.

1 pound pork boneless shoulder, cut into 1-inch pieces
1 medium onion, chopped (1/2 cup)
1 jar (16 ounces) salsa
1 can (15 ounces) chunky tomato sauce with onions, celery and green bell peppers
1 teaspoon Mexican seasoning
1 can (4 ounces) chopped green chilies, drained
1 can (15 ounces) black beans, rinsed and drained

1. Mix all ingredients except beans in 3 1/2- to 4-quart slow cooker.
2. Cover and cook on low heat setting 8 to 10 hours or until pork is tender.
3. Stir in beans. Cover and cook about 5 minutes or until hot. 6 servings.

1 Serving: Calories 275 (Calories from Fat 90); Fat 10g (Saturated 3g); Cholesterol 50mg; Sodium 960mg; Carbohydrate 30g (Dietary Fiber 8g); Protein 24g
% Daily Value: Vitamin A 12%; Vitamin C 32%; Calcium 10%; Iron 20%
Diet Exchanges: 2 Starch, 2 1/2 Very Lean Meat, 1 Fat

low fat

Betty's Tips

SUBSTITUTION

For a tasty meatless soup, use vegetable or chicken broth instead of the water and omit the Canadian-style bacon.

Split Pea and Yam Soup

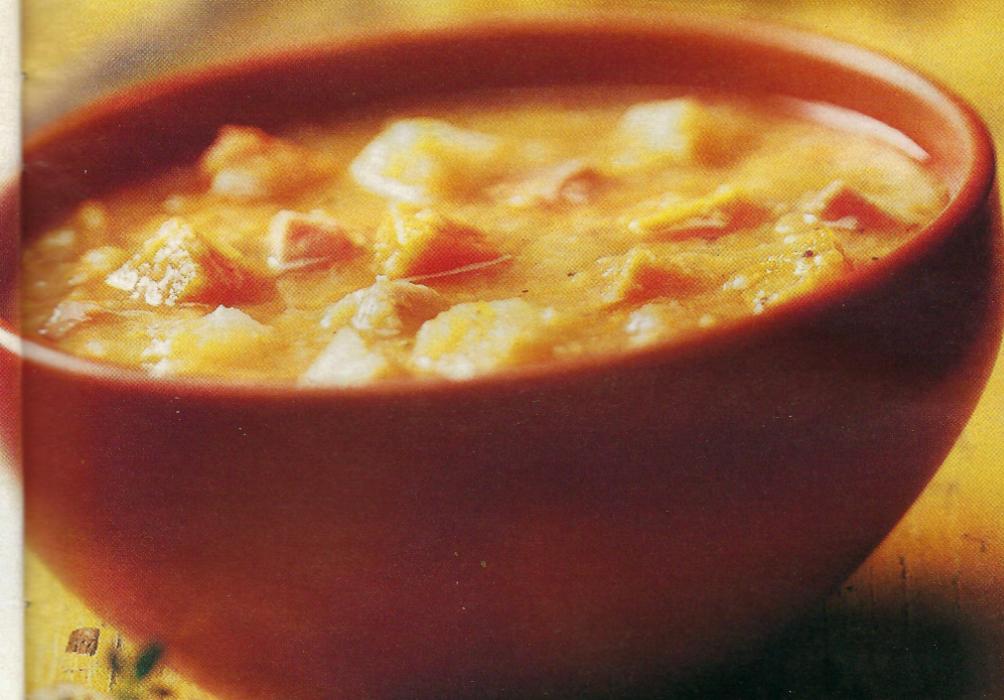
PREP: 10 MIN COOK: 9 HR

7 cups water
3/4 teaspoon salt
1/2 teaspoon Italian seasoning
1/4 teaspoon pepper
2 small yams (3/4 pound), peeled and cut into 1/2-inch pieces
1 medium potato, peeled and cut into 1/2-inch pieces (1 cup)
1 medium onion, finely chopped (1/2 cup)
1 package (16 ounces) dried yellow split peas (2 1/4 cups)
1 package (6 ounces) sliced Canadian-style bacon, coarsely chopped

1. Mix all ingredients in 3 1/2- to 4-quart slow cooker.
2. Cover and cook on low heat setting 8 to 9 hours or until split peas are tender. Stir well before serving.
8 servings.

1 Serving: Calories 260 (Calories from Fat 20); Fat 2g (Saturated 1g); Cholesterol 10mg; Sodium 490mg; Carbohydrate 38g (Dietary Fiber 13g); Protein 18g
% Daily Value: Vitamin A 32%; Vitamin C 6%; Calcium 2%; Iron 12%
Diet Exchanges: 2 Starch, 1 Lean Meat, 2 Vegetable

*Ladle up a bowlful
of the ultimate
comfort food—soup!*





Chicken Chow Mein

PREP: 10 MIN COOK: 8 HR + 15 MIN

Betty's Tips

SUBSTITUTION

Use just pea pods instead of the broccoli flowerets and pea pods. One cup sliced fresh mushrooms can be stirred in with the broccoli.

8 boneless, skinless chicken thighs
(about 1½ pounds)
1 tablespoon vegetable oil
2 medium carrots, sliced diagonally (1 cup)
2 medium stalks celery, coarsely chopped
(1 cup)
1 medium onion, chopped (½ cup)
2 cloves garlic, finely chopped
1 cup chicken broth
2 tablespoons soy sauce
½ teaspoon finely chopped gingerroot
2 tablespoons cornstarch
3 tablespoons cold water
1 cup broccoli flowerets
1 cup pea pods
Chow mein noodles

1. Remove fat from chicken. Cut chicken into 1-inch pieces. Heat oil in 10-inch skillet over medium-high heat. Cook chicken in oil about 5 minutes, turning once, until brown.
2. Place carrots, celery, onion and garlic in 3½- to 6-quart slow cooker. Add chicken. Mix broth, soy sauce and gingerroot; pour over chicken.
3. Cover and cook on low heat setting 6 to 8 hours or until chicken is no longer pink in center and vegetables are tender.
4. Mix cornstarch and water until smooth; stir into chicken mixture. Stir in broccoli and pea pods. Cover and cook on high heat setting 15 minutes. Serve over noodles. 4 servings.

1 Serving: Calories 420 (Calories from Fat 190); Fat 21g (Saturated 5g); Cholesterol 85mg; Sodium 930mg; Carbohydrate 27g (Dietary Fiber 4g); Protein 35g

% Daily Value: Vitamin A 52%; Vitamin C 38%; Calcium 8%; Iron 24%

Diet Exchanges: 1 Starch, 4 Medium-Fat Meat, 2 Vegetable

low fat

Betty's Tips

DID YOU KNOW?

Lentils can be stored in a cool, dry place for up to 2 years. Lentils do not require soaking, and compared to other legumes, they cook in a relatively short time.

Italian Chicken Lentil Soup

PREP: 15 MIN COOK: 6 HR + 15 MIN

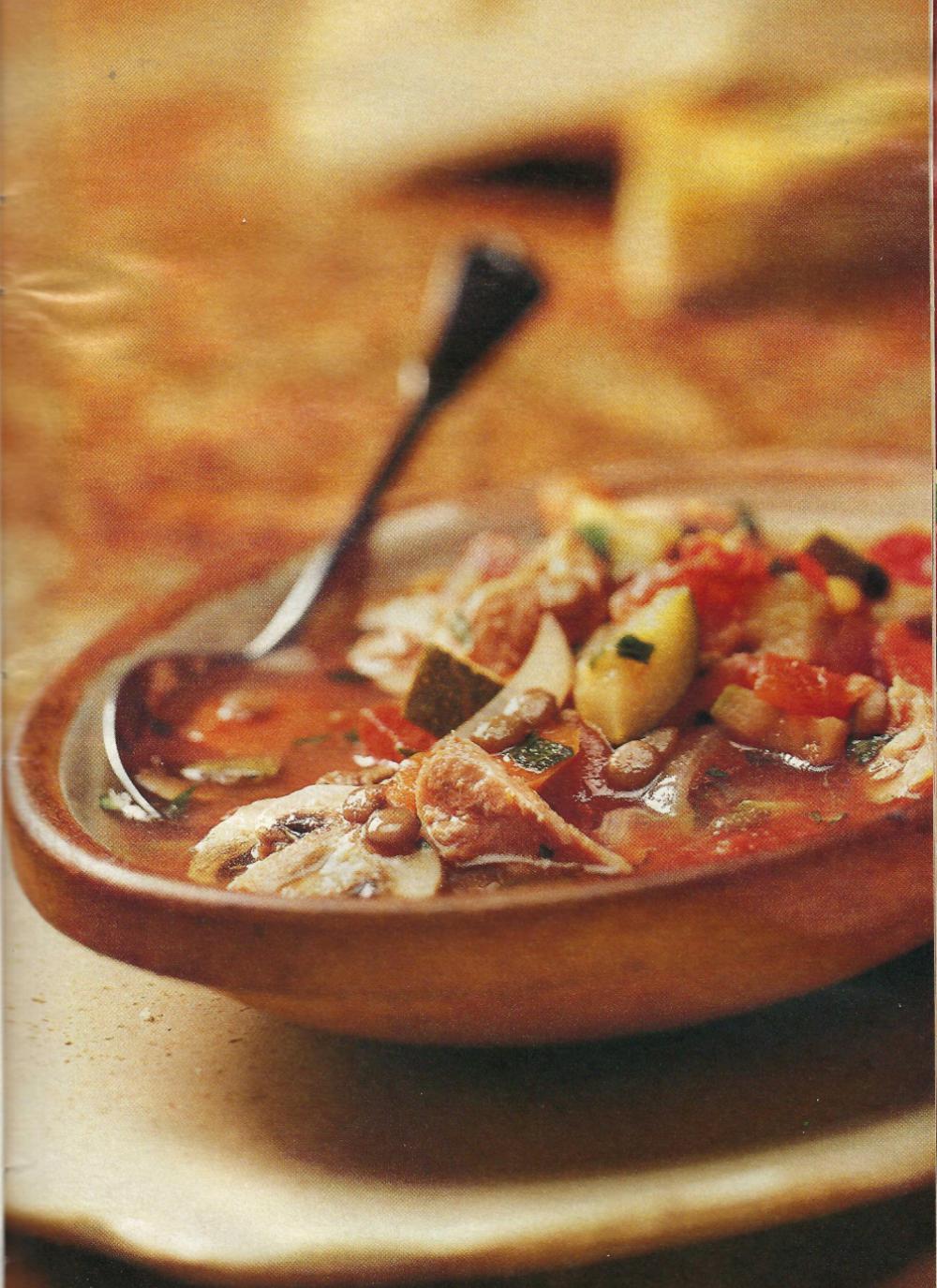
1 pound boneless, skinless chicken thighs
1 medium onion, chopped (1/2 cup)
1 medium zucchini, chopped (2 cups)
4 medium carrots, sliced (2 cups)
1 cup dried lentils (8 ounces),
sorted and rinsed
4 1/2 cups chicken broth
1/2 teaspoon salt
1/4 teaspoon pepper
1 cup sliced mushrooms (3 ounces)
1 can (28 ounces) diced tomatoes, undrained
1/4 cup chopped fresh or
1 tablespoon dried basil leaves
Shredded Parmesan cheese, if desired

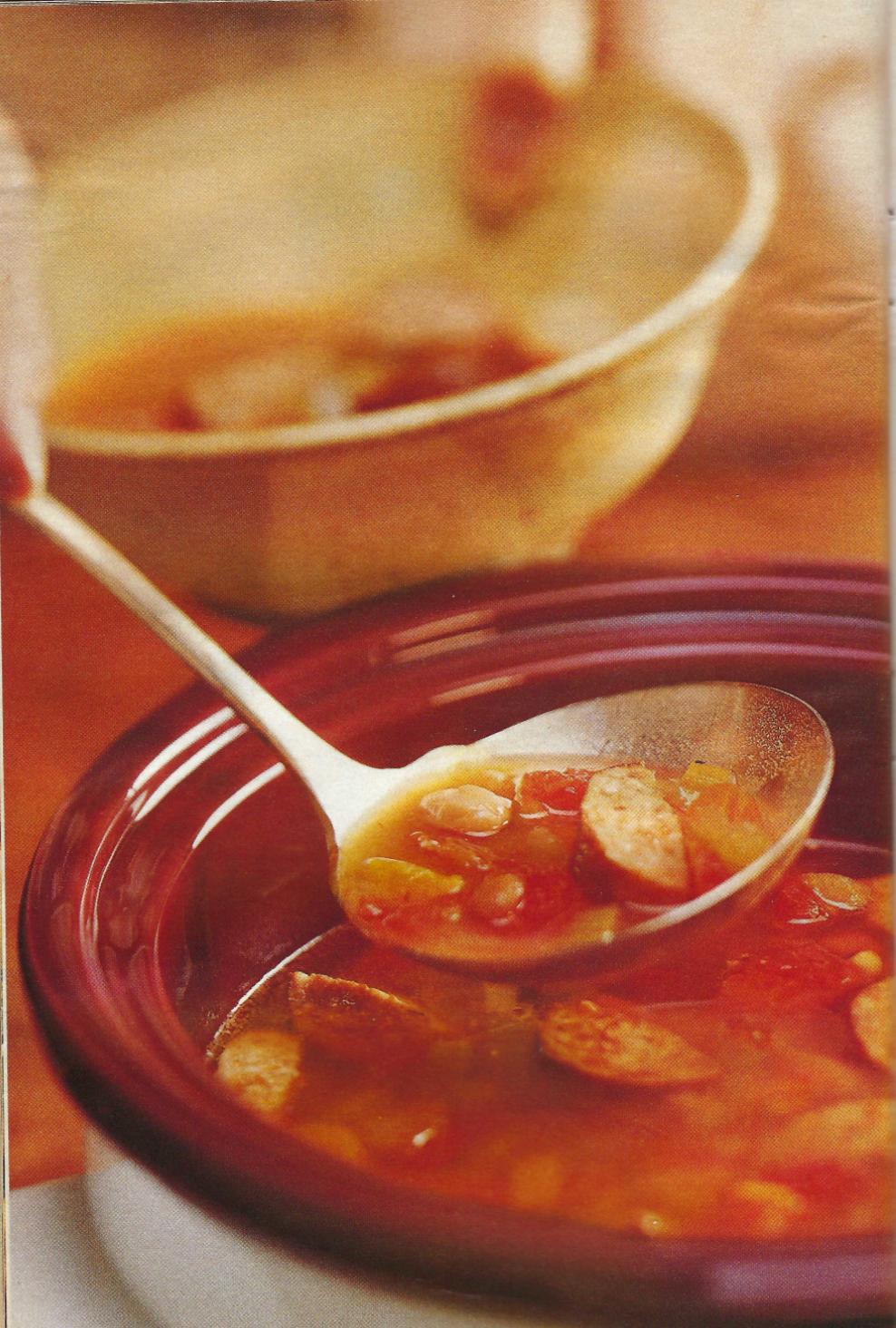
1. Remove fat from chicken. Mix remaining ingredients except mushrooms, tomatoes, basil and cheese in 3 1/2- to 6-quart slow cooker. Add chicken.
2. Cover and cook on low heat setting 5 to 6 hours or until lentils are tender and chicken is no longer pink when centers of thickest pieces are cut.
3. Remove chicken from slow cooker. Use 2 forks to pull chicken into shreds. Return chicken to slow cooker. Stir in mushrooms and tomatoes. Cover and cook on low heat setting about 15 minutes or until heated through. Sprinkle with basil. Serve with cheese. 6 servings.

1 Serving: Calories 260 [Calories from Fat 55]; Fat 6g (Saturated 1g); Cholesterol 45mg; Sodium 1230mg; Carbohydrate 32g (Dietary Fiber 11g); Protein 31g

% Daily Value: Vitamin A 74%; Vitamin C 26%; Calcium 10%; Iron 30%

Diet Exchanges: 1 Starch, 3 Very Lean Meat, 3 Vegetable





Easy Bean and Kielbasa Soup

PREP: 15 MIN COOK: 10 HR + 15 MIN

Betty's Tips

VARIATION

If you prefer a hearty meatless soup, omit the kielbasa.

DO-AHEAD

Chop the vegetables the night before and store in resealable plastic bags in the refrigerator.

SPECIAL TOUCH

Stir $\frac{1}{4}$ cup of chopped fresh parsley into the soup just before serving.

5 cans (14½ ounces each) chicken broth
½ package (20-ounce size) 15- or 16-dried bean soup mix, sorted and rinsed
1 package (16 ounces) smoked kielbasa sausage, cut lengthwise in half, then sliced
4 medium carrots, chopped (2 cups)
3 medium stalks celery, chopped (1½ cups)
1 large onion, chopped (1 cup)
2 tablespoons tomato paste
½ teaspoon salt
1 teaspoon dried thyme leaves
½ teaspoon pepper
1 can (14½ ounces) diced tomatoes, undrained

1. Mix all ingredients except tomatoes in 5- to 6-quart slow cooker.
2. Cover and cook on low heat setting 8 to 10 hours or until beans are tender.
3. Stir in tomatoes. Cover and cook on high heat setting about 15 minutes or until hot. 8 servings.

1 Serving: Calories 310 (Calories from Fat 165); Fat 17g (Saturated 6g); Cholesterol 30mg; Sodium 1330mg; Carbohydrate 27g (Dietary Fiber 7g); Protein 17g

% Daily Value: Vitamin A 54%; Vitamin C 12%; Calcium 10%; Iron 20%

Diet Exchanges: 1 Starch, 1½ High-Fat Meat, 2 Vegetable, 1 Fat

low fat

Betty's Tips

SUBSTITUTION

Pinquitos are small, tender, pink beans. If you have difficulty locating them at your supermarket, you can substitute pinto beans.

TIME-SAVER

Omit the Spicy Tortilla Strips, and serve the chili with purchased tortilla chips.

SERVE-WITH

Top with sour cream, shredded lettuce and chopped tomatoes.

Vegetarian Chili with Spicy Tortilla Strips

PREP: 10 MIN BAKE: 12 MIN COOK: 6 HR

Spicy Tortilla Strips (below)

- 1 can (15 to 16 ounces) dark red kidney beans, drained
- 1 can (15 to 16 ounces) spicy chili beans, undrained
- 1 can (15 ounces) pinquito beans, undrained
- 1 can (14½ ounces) chili-style chunky tomatoes, undrained
- 1 large onion, chopped (1 cup)
- 2 to 3 teaspoons chili powder
- ½ teaspoon ground red pepper (cayenne)

1. Make Spicy Tortilla Strips. Mix remaining ingredients in 3½- to 4-quart slow cooker.
2. Cover and cook on low heat setting 5 to 6 hours or until flavors have blended. Stir well before serving. Top each serving with tortilla strips. 6 servings.

Spicy Tortilla Strips

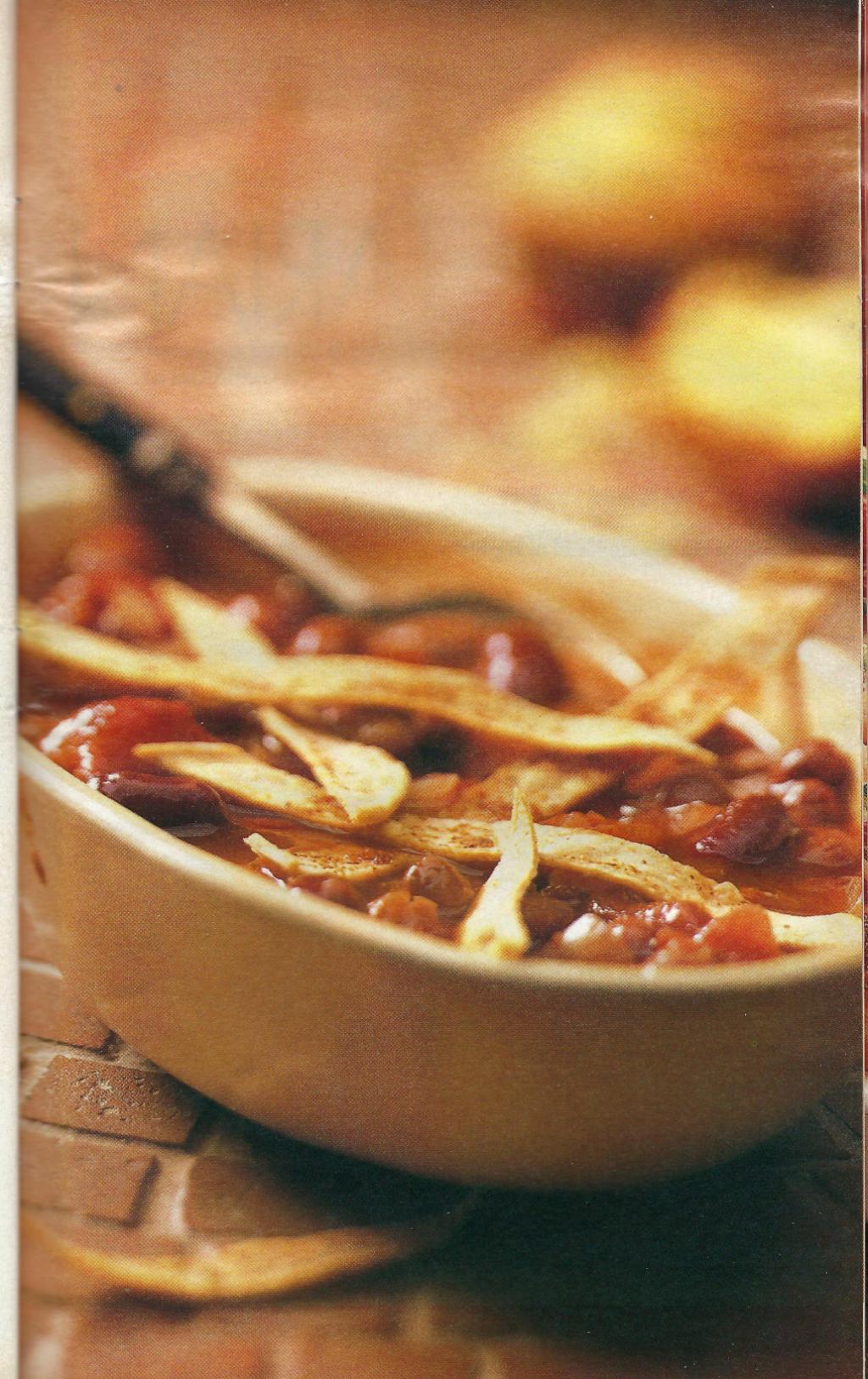
- 3 corn tortillas (6 inches in diameter)
- 1 tablespoon vegetable oil
- Dash of ground red pepper (cayenne)

Heat oven to 375°. Brush both sides of tortillas with oil. Lightly sprinkle red pepper on one side of tortillas. Cut into ½-inch strips. Place in single layer on ungreased cookie sheet. Bake 10 to 12 minutes or until strips are crisp and edges are light brown.

1 Serving: Calories 255 (Calories from Fat 10); Fat 1g (Saturated 0g); Cholesterol 0mg; Sodium 1010mg; Carbohydrate 59g (Dietary Fiber 15g); Protein 17g

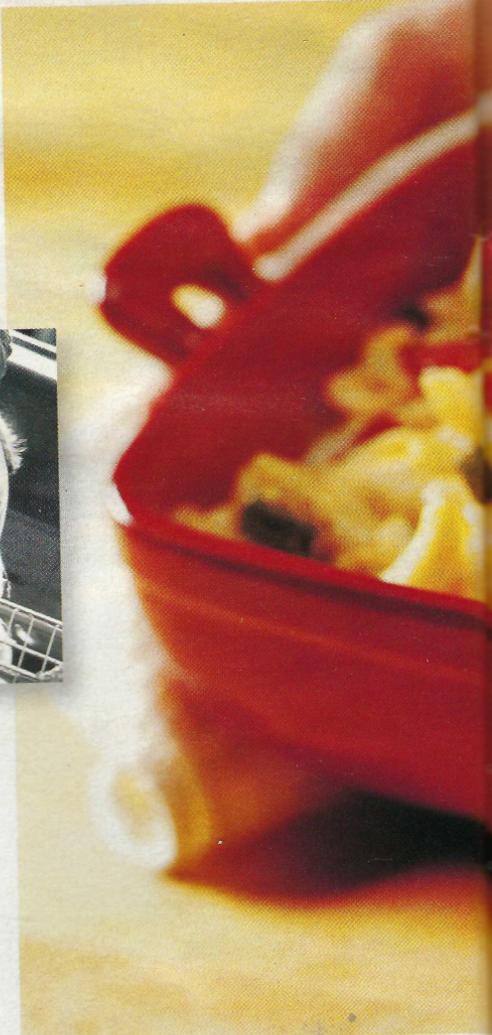
% Daily Value: Vitamin A 6%; Vitamin C 16%; Calcium 12%; Iron 32%

Diet Exchanges: 4 Starch



Very VEGETARIAN

Meatless recipes rich with pasta, beans and veggies will warm up the chilliest of nights. They're perfect for after-the-holidays entertaining.





Green Chili Egg and
Potato Bake, p. 76



Roasted Vegetable and
Pasta Casserole, p. 77

Green Chili Egg and Potato Bake

PREP: 15 MIN BAKE: 1 HR STAND: 10 MIN

(Photo on page 75)

Betty's Tips

SUBSTITUTION

An 11-ounce can of whole kernel corn with red and green bell peppers, drained, can be substituted for the frozen corn and red bell peppers.

SERVE-WITH

Serve this southwestern-style dish with mild or medium chunky-style salsa.

Do-AHEAD

Get a head start on this crowd-pleasing brunch dish by assembling it up to 24 hours ahead of time. Cover and refrigerate, then bake as directed.

3 cups frozen diced hash brown potatoes, thawed
1/2 cup frozen whole kernel corn, thawed
1/4 cup chopped drained roasted red bell peppers (from 7-ounce jar)
1 can (4 ounces) chopped green chilies, drained
1 1/2 cups shredded Colby-Monterey Jack cheese (6 ounces)
10 eggs
1/2 cup small curd creamed cottage cheese
1/2 teaspoon dried oregano leaves
1/4 teaspoon garlic powder
4 medium green onions, chopped (1/4 cup)

1. Heat oven to 350°. Spray rectangular baking dish, 11x7x1 1/2 inches, with cooking spray. Layer potatoes, corn, bell peppers, chilies and 1 cup of the cheese in baking dish.

2. Beat eggs, cottage cheese, oregano and garlic powder with electric mixer on medium speed until smooth. Slowly pour over potato mixture in dish. Sprinkle with onions and remaining 1/2 cup cheese.

3. Cover and bake 30 minutes. Uncover and bake about 30 minutes longer or until knife inserted in center comes out clean. Let stand 5 to 10 minutes before cutting. 8 servings.

1 Serving: Calories 270 (Calories from Fat 125); Fat 14g (Saturated 7g); Cholesterol 290mg; Sodium 510mg; Carbohydrate 21g (Dietary Fiber 2g); Protein 17g

% Daily Value: Vitamin A 18%; Vitamin C 22%; Calcium 18%; Iron 8%

Diet Exchanges: 1 Starch, 2 Medium-Fat Meat, 1 Vegetable, 1/2 Fat

Roasted Vegetable and Pasta Casserole

PREP: 20 MIN COOK: 25 MIN BAKE: 65 MIN

(Photo on page 75)

Betty's Tips

SERVE WITH

Serve with a packaged ready-to-eat Caesar salad from the produce section.

DO-AHEAD

This meatless casserole can be prepared and refrigerated up to 24 hours ahead of time. Bake as directed.

3 cups uncooked penne pasta (9 ounces)
2 medium red, green or yellow bell peppers,
each cut into 12 pieces
1 cup mushrooms, cut in half
1 medium zucchini, cut into 1½ inch pieces
(2 cups)
1 tablespoon olive or vegetable oil
½ teaspoon Italian seasoning
¼ teaspoon salt
1 envelope (1.8 ounces) white sauce mix
2 cups milk
1 cup shredded Havarti cheese (4 ounces)
1 cup shredded Cheddar cheese (4 ounces)

1. Heat oven to 450°. Spray square baking dish, 8x8x2 inches, with cooking spray. Cook and drain pasta as directed on package.
2. While pasta is cooking, toss bell peppers, mushrooms, zucchini, oil, Italian seasoning and salt to coat. Spoon into ungreased jelly roll pan, 15½x10½x1 inch. Bake uncovered about 20 minutes or until crisp-tender. Cool slightly. Coarsely chop vegetables.
3. Reduce oven temperature to 350°. Mix sauce mix (dry) and milk in 4-quart saucepan. Heat to boiling over medium heat, stirring constantly; remove from heat. Stir in cheeses until melted. Stir in pasta until well coated.
4. Spoon half of pasta mixture into baking dish. Reserve about ½ cup of the vegetables. Spoon remaining vegetables evenly over pasta. Top with remaining pasta. Sprinkle with reserved vegetables.
5. Cover and bake 30 minutes. Uncover and bake 10 to 15 minutes longer or until bubbly. 6 servings.

1 Serving: Calories 525 (Calories from Fat 225); Fat 25g (Saturated 11g); Cholesterol 45mg; Sodium 690mg; Carbohydrate 57g (Dietary Fiber 3g); Protein 21g

% Daily Value: Vitamin A 26%; Vitamin C 32%; Calcium 32%; Iron 18%

Diet Exchanges: 3 Starch, 1 High-Fat Meat, 2 Vegetable, 3 Fat



Ravioli with Tomato Basil

PREP: 15 MIN BAKE: 20 MIN

Betty's Tips

SUBSTITUTION

Meat- or cheese-filled tortellini can be substituted for the ravioli.

SUCCESS HINT

Use kitchen scissors to easily "chop" the sun-dried tomatoes.

1 package (25 ounces) frozen cheese-filled ravioli
1 can (28 ounces) crushed tomatoes, undrained
1/2 cup chopped drained oil-packed sun-dried tomatoes
2 tablespoons chopped fresh or 1 tablespoon dried basil leaves
1 cup shredded mozzarella or provolone cheese (4 ounces)

1. Heat oven to 400°. Cook and drain ravioli as directed on package.
2. While ravioli is cooking, mix crushed tomatoes, sun-dried tomatoes and basil.
3. Pour 1 1/2 cups of the tomato mixture in ungreased rectangular baking dish, 11x7x1 1/2 inches. Top with ravioli. Pour remaining tomato mixture over ravioli. Sprinkle with cheese.
4. Bake uncovered about 20 minutes or until hot. 6 servings.

1 Serving: Calories 305 (Calories from Fat 125); Fat 14g (Saturated 6g); Cholesterol 125mg; Sodium 1250mg; Carbohydrate 28g (Dietary Fiber 2g); Protein 19g

% Daily Value: Vitamin A 20%; Vitamin C 22%; Calcium 38%; Iron 14%
Diet Exchanges: 1 Starch, 2 Medium-Fat Meat, 2 Vegetable, 1/2 Fat

Italian Pasta Pie

PREP: 15 MIN BAKE: 30 MIN STAND: 5 MIN

Betty's Tips

SERVE WITH

What a delicious way to use up any leftover French bread you have. It makes a toasted crust for this creamy pasta pie. Just add a vegetable or salad, and your meal is complete.

4 ounces uncooked capellini (angel hair) pasta
18 to 25 slices baguette or French bread,
about $\frac{1}{4}$ inch thick
2 tablespoons margarine or butter, melted
 $\frac{3}{4}$ cup shredded Swiss cheese (3 ounces)
2 tablespoons chopped fresh or
2 teaspoons dried basil leaves
1 container (10 ounces) refrigerated Alfredo
pasta sauce
3 medium roma (plum) tomatoes, chopped
2 medium green onions, sliced (2 tablespoons)
1 tablespoon grated Romano or
Parmesan cheese

1. Heat oven to 400°. Cook and drain pasta as directed on package.
2. While pasta is cooking, brush bread with margarine. Line bottom and side of pie plate, $9 \times 1\frac{1}{2}$ inches, with bread, margarine sides up and slightly overlapping slices. Bake about 10 minutes or until light brown.
3. Reduce oven temperature to 350°. Stir Swiss cheese and 1 tablespoon of the basil into Alfredo sauce. Toss sauce and pasta. Spoon into baked crust. Sprinkle with tomatoes, onions and Romano cheese.
4. Bake 15 to 20 minutes or until hot. Let stand 5 minutes before cutting. Sprinkle with remaining 1 tablespoon basil. 6 servings.

1 Serving: Calories 430 (Calories from Fat 225); Fat 25g (Saturated 13g); Cholesterol 60mg; Sodium 540mg; Carbohydrate 39g (Dietary Fiber 2g); Protein 14g
% Daily Value: Vitamin A 22%; Vitamin C 4%; Calcium 30%; Iron 12%
Diet Exchanges: 2 1/2 Starch, 1 High-Fat Meat, 3 Fat

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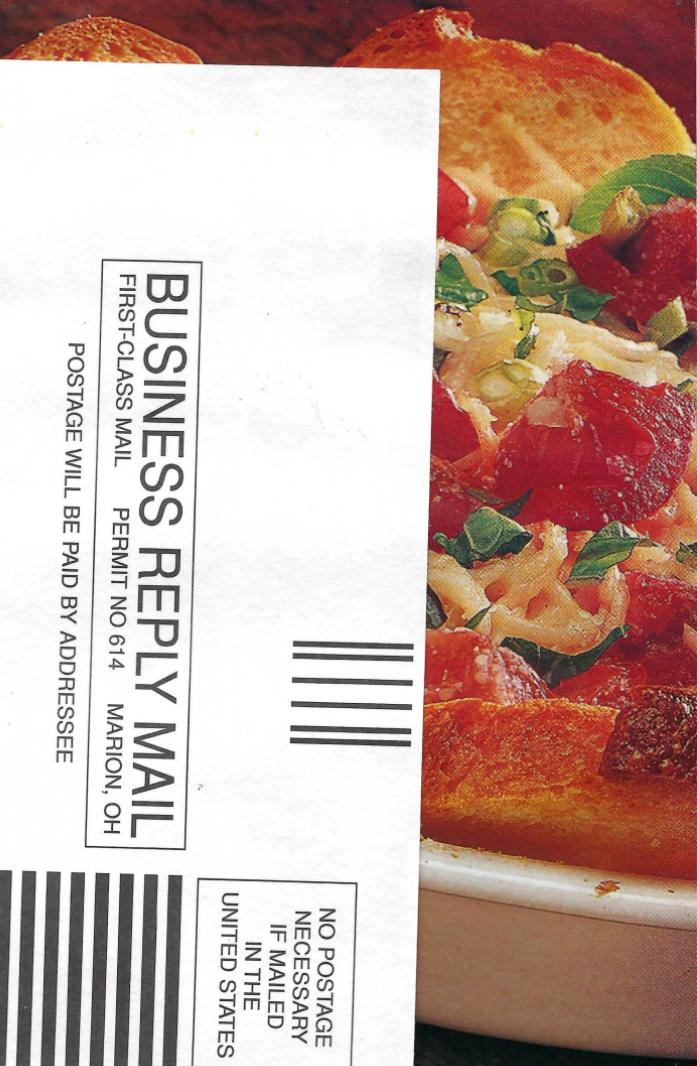
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Italian Pasta Pie

PREP: 15 MIN BAKE: 30 MIN STAND: 5 MIN

Betty's Tips

SERVE-WITH

What a delicious way to use up any leftover French bread you have. It makes a toasty crust for this creamy pasta pie. Just add a vegetable or salad and your meal is complete.

4 ounces uncooked capellini (angel hair) pasta
18 to 25 slices baguette or French bread,
about 1/4 inch thick

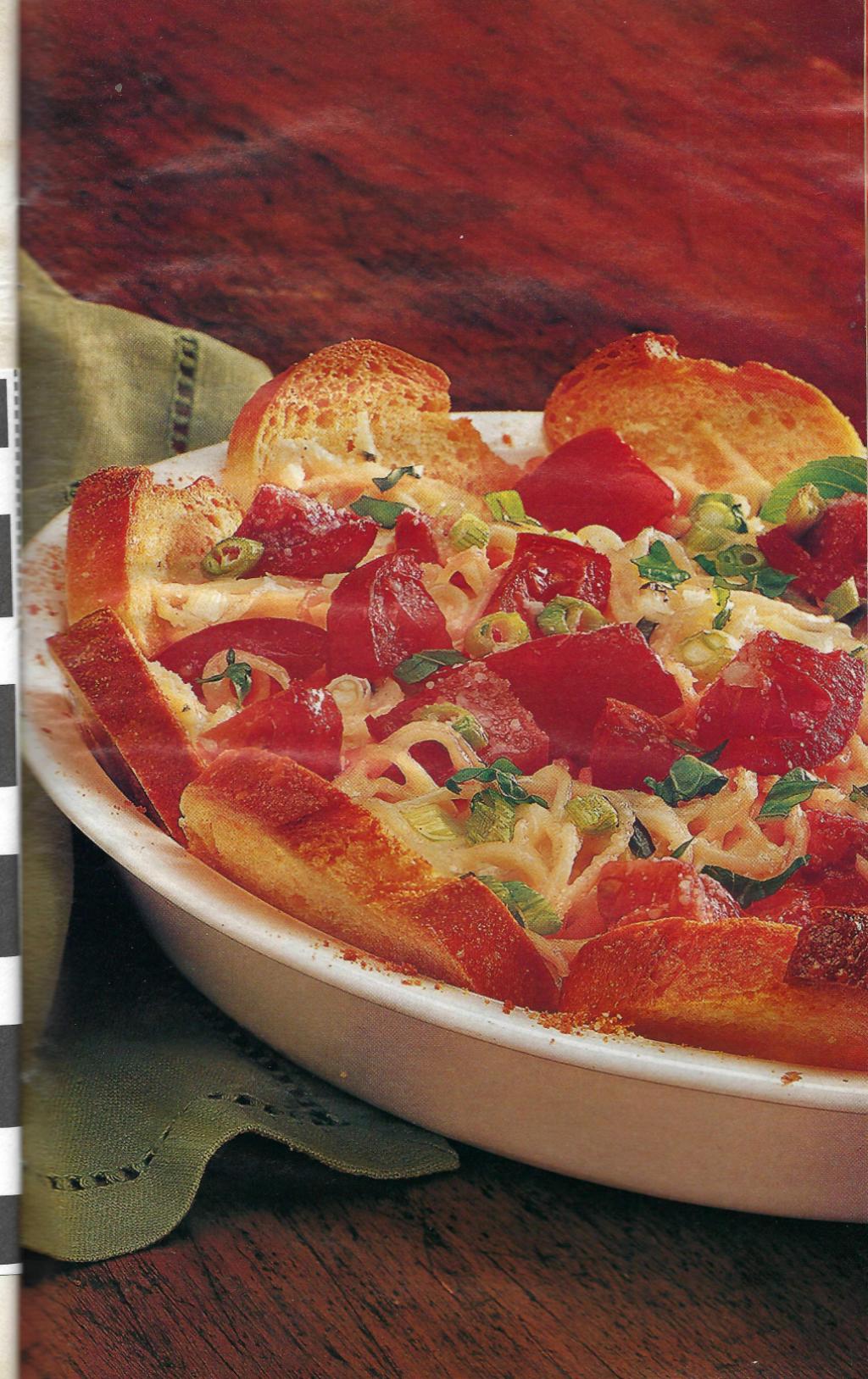
2 tablespoons margarine or butter, melted
3/4 cup shredded Swiss cheese (3 ounces)

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Rice and Bean Roll-Ups

PREP: 10 MIN BAKE: 35 MIN

Betty's Tips

SUBSTITUTION

For more spice, use jalapeño- or cilantro-flavored tortillas available in the supermarket.

SERVE-WITH

Top each serving with chopped fresh tomatoes, cilantro, guacamole, sour cream and salsa.

1½ cups thick-and-chunky salsa
1 cup cooked rice
2 medium roma (plum) tomatoes, chopped
1 small bell pepper, cut into ½-inch pieces
1 can (15 ounces) black beans with cumin and chili spices, undrained
1 can (8 ounces) whole kernel corn, drained
6 garden spinach and herb-flavor flour tortillas (8 inches in diameter)
1 cup shredded Mexican 4-cheese blend (4 ounces)

1. Heat oven to 350°. Spread ½ cup of the salsa in ungreased rectangular baking dish, 13x9x2 inches.

2. Mix rice, tomatoes, bell pepper, beans and corn. Spread about 1 cup rice mixture on each tortilla; roll up tortilla. Place seam sides down on salsa in baking dish. Spoon remaining 1 cup salsa over tortillas. Sprinkle with cheese.

3. Cover and bake 30 to 35 minutes or until heated through and cheese is melted. 6 servings.

1 Serving: Calories 375 (Calories from Fat 90); Fat 10g (Saturated 5g); Cholesterol 20mg; Sodium 850mg; Carbohydrate 63g (Dietary Fiber 9g); Protein 17g

% Daily Value: Vitamin A 12%; Vitamin C 28%; Calcium 26%; Iron 24%

Diet Exchanges: 4 Starch, 1 Medium-Fat Meat

Lazy-Day Lasagna

PREP: 15 MIN BAKE: 1 HR STAND: 15 MIN

Betty's Tips

TIME-SAVER

To prepare lasagna ahead of time, cover unbaked lasagna tightly with aluminum foil and refrigerate up to 24 hours. About 1½ hours before serving, heat oven to 350°. Bake covered 45 minutes. Uncover and bake 15 to 20 minutes longer or until hot and bubbly. Sprinkle with additional mozzarella cheese. Let stand 15 minutes before cutting.

1 container (15 ounces) ricotta cheese
½ cup grated Parmesan cheese
2 tablespoons chopped fresh parsley
1 tablespoon chopped fresh or
½ teaspoons dried oregano leaves
2 jars (28 ounces each) tomato pasta sauce
12 uncooked lasagna noodles (12 ounces)
2 cups shredded mozzarella cheese (8 ounces)
¼ cup grated Parmesan cheese
Additional shredded mozzarella cheese,
if desired

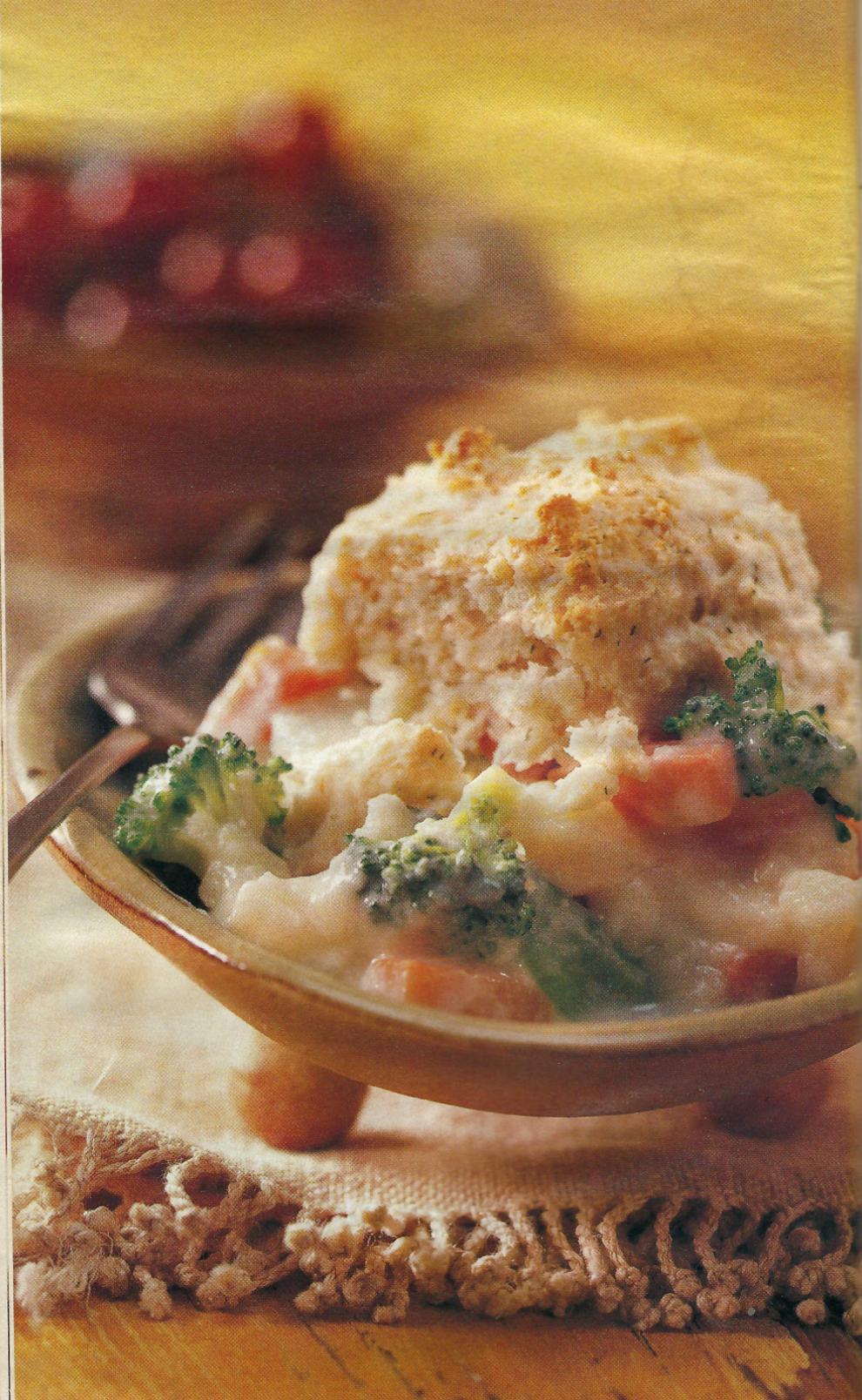
1. Heat oven to 350°. Mix ricotta cheese, ½ cup Parmesan cheese, the parsley and oregano.
2. Spread 2 cups of the pasta sauce in ungreased rectangular pan, 13x9x2 inches. Top with 4 uncooked noodles; spread ricotta mixture over noodles. Spread with 2 cups pasta sauce; top with 4 noodles. Repeat with 2 cups pasta sauce and 4 noodles. Sprinkle with 2 cups mozzarella cheese. Spread with remaining pasta sauce. Sprinkle with ¼ cup Parmesan cheese.
3. Cover and bake 30 minutes. Uncover and bake about 30 minutes longer or until hot in center. Sprinkle with additional mozzarella cheese. Let stand 15 minutes before cutting. 8 servings.

1 Serving: Calories 500 (Calories from Fat 160); Fat 19g (Saturated 8g); Cholesterol 35mg; Sodium 1340mg; Carbohydrate 64g (Dietary Fiber 4g); Protein 24g

% Daily Value: Vitamin A 26%; Vitamin C 26%; Calcium 50%; Iron 16%
Diet Exchanges: 4 Starch, 1½ Medium-Fat Meat, 1 Vegetable, 1 Fat

*Here's a shortcut you'll
love—you don't have
to cook the noodles.*





Veggie Casserole with Dill Drop Biscuits

PREP: 15 MIN BAKE: 22 MIN

Betty's Tips

HEALTH TWIST

Use reduced-fat Alfredo sauce to reduce the fat to 12 grams per serving. Look for it in the refrigerated and pasta sauce sections of your grocery store.

1 medium onion, chopped (1/2 cup)
1 bag (1 pound) frozen carrots, green beans and cauliflower (or other combination)
1 package (9 ounces) frozen broccoli cuts
1 container (10 ounces) refrigerated Alfredo pasta sauce
2 1/4 cups Original Bisquick
2/3 cup milk
3/4 teaspoon dried dill weed

1. Heat oven to 400°. Spray 10-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook onion in skillet 2 to 3 minutes, stirring occasionally, until crisp-tender. Stir in carrot mixture, broccoli and Alfredo sauce; reduce heat to medium. Cover and cook 5 to 6 minutes, stirring occasionally, until hot. Spoon into ungreased square baking dish, 8x8x2 inches.
2. Mix Bisquick, milk and dill weed until soft dough forms. Drop dough by 9 spoonfuls onto hot vegetable mixture.
3. Bake 18 to 22 minutes or until biscuits are golden brown. 6 servings.

1 Serving: Calories 380 (Calories from Fat 200); Fat 22g (Saturated 10g); Cholesterol 35mg; Sodium 880mg; Carbohydrate 39g; (Dietary Fiber 4g); Protein 10g

% Daily Value: Vitamin A 34%; Vitamin C 34%; Calcium 22%; Iron 12%

Diet Exchanges: 2 Starch, 2 Vegetable, 4 Fat

Vegetable Strata

PREP: 15 MIN CHILL: 2 HR BAKE: 1 1/4 HR
STAND: 10 MIN

Betty's Tips

SUBSTITUTION

White or rye bread can be used instead of the whole wheat.

SUCCESS HINT

Don't throw away that day-old bread! Slightly dried-out bread slices are perfect for soaking up all the wonderful flavors in this dish.

8 slices whole wheat bread

1 bag (1 pound) frozen broccoli, green beans, pearl onions and red peppers (or other combination), thawed and drained

2 cups shredded sharp Cheddar cheese (8 ounces)

8 eggs, slightly beaten

4 cups milk

1/2 teaspoon salt

1/2 teaspoon ground mustard

1/4 teaspoon pepper

1/8 teaspoon ground red pepper (cayenne)

1. Cut each bread slice diagonally into 4 triangles. Arrange half of the bread in ungreased rectangular pan, 13x9x2 inches. Top with vegetables. Sprinkle with cheese. Top with remaining bread.

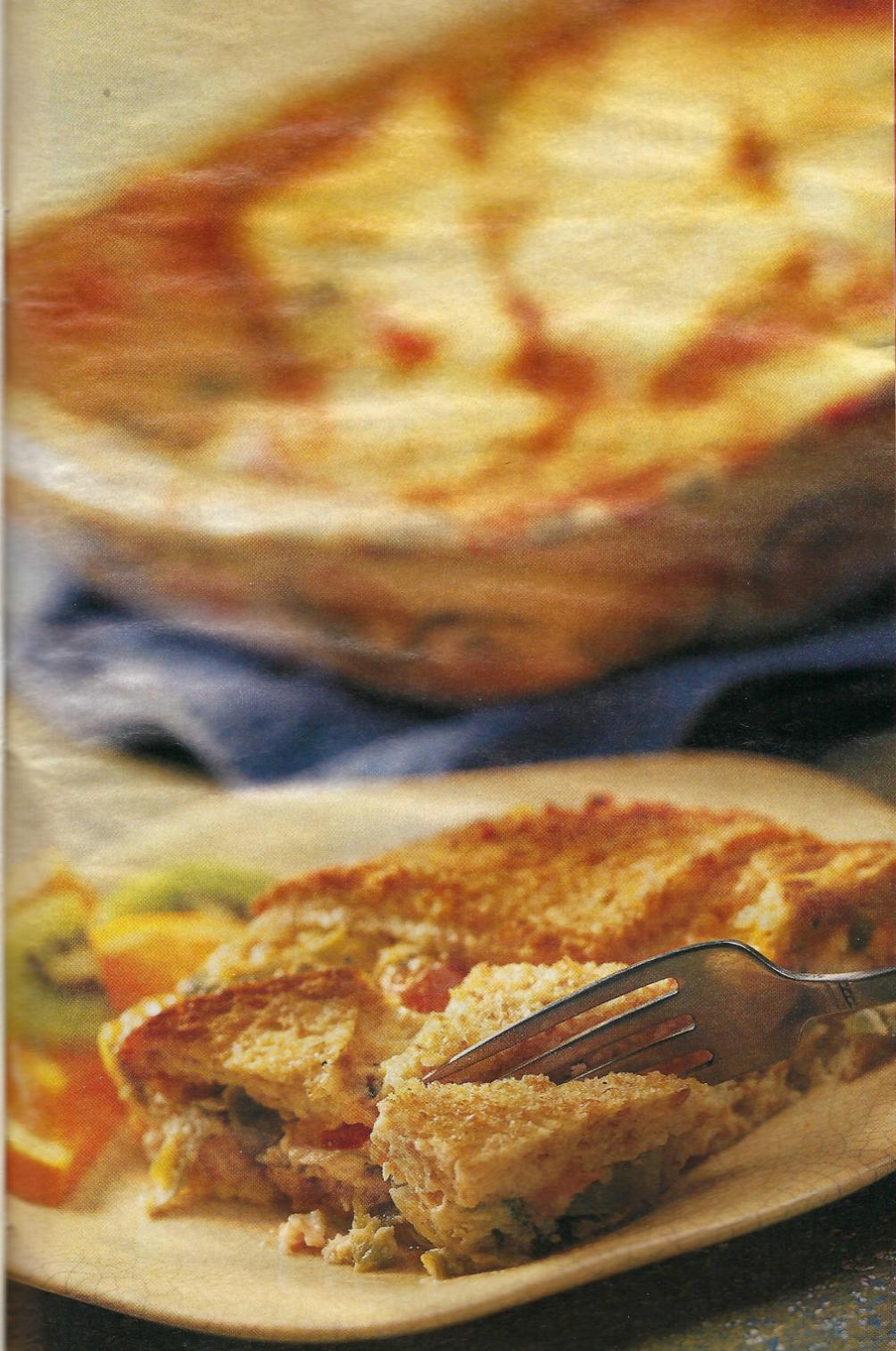
2. Beat remaining ingredients until blended; pour over bread. Cover and refrigerate at least 2 hours but no longer than 24 hours.

3. Heat oven to 325°. Cover and bake 30 minutes. Uncover and bake about 45 minutes longer or until knife inserted in center comes out clean. Let stand 10 minutes before cutting. 8 servings.

1 Serving: Calories 325 (Calories from Fat 160); Fat 18g (Saturated 9g); Cholesterol 250mg; Sodium 600mg; Carbohydrate 23g (Dietary Fiber 3g); Protein 21g

% Daily Value: Vitamin A 26%; Vitamin C 24%; Calcium 36%; Iron 10%

Diet Exchanges: 1 Starch, 1 High-Fat Meat, 1 Skim Milk, 1 Fat



Nutrition and Recipe Testing Guidelines

Daily Values are set by the Food and Drug Administration and based on the needs of most healthy adults. Percent Daily Values are based on an average diet of 2,000 calories per day. Your daily values may be higher or lower depending on your caloric needs.

RECOMMENDED INTAKE FOR A DAILY DIET OF 2,000 CALORIES

| | |
|-----------------------------|-------------------|
| Total Fat | Less than 65g |
| Saturated Fat. | Less than 20g |
| Cholesterol | Less than 300mg |
| Sodium | Less than 2,400mg |
| Total Carbohydrate. | 300g |
| Dietary Fiber | 25g |

Diet Exchanges are based on criteria set by the American Dietetic Association and the American Diabetes Association.

CALCULATING NUTRITION INFORMATION GUIDELINES

- The first ingredient is used wherever a choice is given (such as $\frac{1}{3}$ cup sour cream or plain yogurt).
- The first ingredient amount is used wherever a range is given (such as 2 to 3 teaspoons).
- The first serving number is used wherever a range is given (such as 4 to 6 servings).
- "If desired" ingredients are not included, whether mentioned in the ingredient list or in the recipe directions as a suggestion (such as sprinkle with brown sugar if desired).
- Only the amount of a marinade or frying oil that is absorbed during preparation is calculated.

INGREDIENTS USED FOR RECIPE TESTING AND NUTRITION CALCULATIONS

The following ingredients, based on most commonly purchased ingredients, are used for recipe testing and nutrition calculation unless indicated otherwise:

- Large eggs
- Canned ready-to-use chicken broth
- 2% milk
- 80%-lean ground beef
- Vegetable-oil spread with at least 65% fat whenever margarine is used
- Regular long-grain rice
- Nonfat, low-fat or low-sodium products are not used
- Solid vegetable shortening (not margarine, butter or nonstick cooking spray) is used for greasing pans

EQUIPMENT USED IN RECIPE TESTING

- Cookware and bakeware without nonstick coatings are used unless specified in recipe.
- Wherever a baking pan is specified in a recipe, a metal pan is used; wherever a baking dish or pie plate is specified, ovenproof glass or ceramic ovenware is used.



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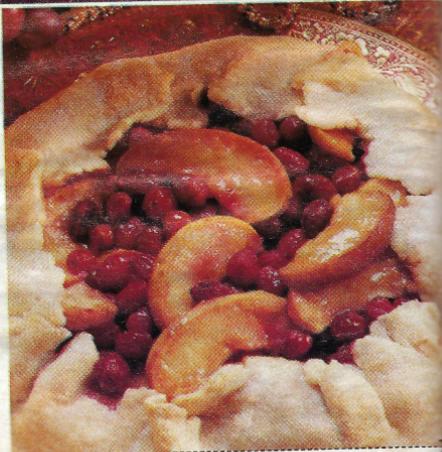
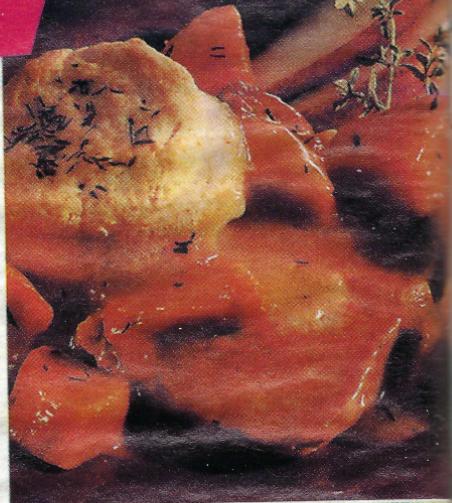
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Bisquick® easy cheeseburger pie



Prep time: 13 minutes • Bake time: 25 minutes

| | |
|-------------------------------|----------------------------|
| 1 lb ground beef | 2 eggs |
| 1 cup chopped onion | 1/2 cup Original Bisquick® |
| 1/2 tsp salt | 1 cup milk |
| 1 cup shredded Cheddar cheese | |

Heat oven to 400°. Grease 9" pie plate. Cook ground beef and onion until beef is brown; drain. Stir in salt. Spread in pie plate; sprinkle with cheese.

Stir remaining ingredients until blended. Pour into pie plate.

Bake about 25 minutes or until knife inserted in center comes out clean. 6 servings.

High Altitude: Bake 30 to 35 min.



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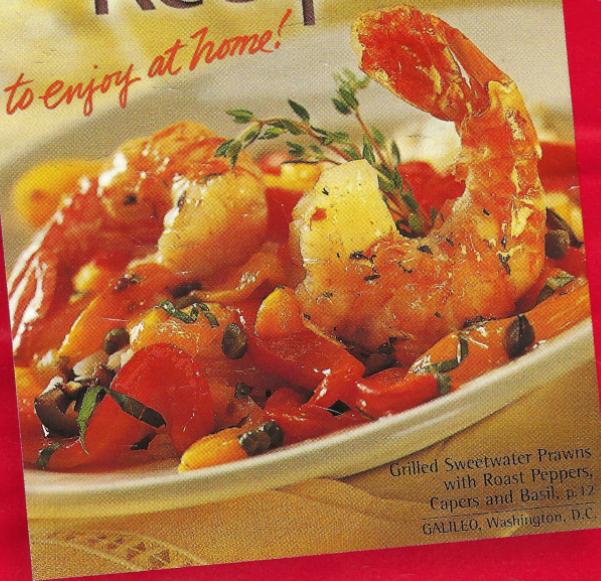
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